

Bromley

Well



Mental wellbeing information and advice

Feeling low, stressed or anxious?
Finding it harder to cope or stay motivated?



Bromley Well recognises that many people, at some point in their lives find it harder to deal with everyday stresses and strains and may feel a bit low or anxious. We provide information, advice and guidance to help improve wellbeing and self-manage mental health. We help and enable Bromley residents to develop links and activities in the community, build social networks, and access appropriate services.

Support is also offered to develop personalised contingency plans to plan for the future and maintain mental health when things become a bit more difficult. Relatives and carers can be included in this process and family support sessions can also be accessed.

If you need urgent help please phone 111 or the Oxleas urgent advice line on 0800 330 8590 or 999 if you are worried about immediate risk of harm to self or others.

If you would like to join Bromley Well please call or email the **Single Point of Access** on **0300 3309 039** or email **spa@bromleywell.org.uk**
www.bromleywell.org.uk

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