

## Contacting the service

**Bromley Well Mental Health & Wellbeing Service** provides support to adults and their families or carers who may be experiencing mild concerns relating to their emotional and mental wellbeing, through information and advice, and peer support.

To use the service, you must be aged 18 years or above and be either registered with a Bromley GP or living in the London Borough of Bromley.

You can make contact with our service yourself, or a health or social care professional can make a referral on your behalf.

### Contact Bromley Well Mental Health and Wellbeing Service

 **0300 3309 039** (Mon-Sun, 9am-5pm)  **@bromleywell**

 **wellbeing@bromleywell.org.uk**  **www.bromleywell.org.uk**

### Please note

For out of hours support during a mental health crisis, please contact the NHS Oxleas Urgent Advice Line on **0800 330 8590**, or phone **NHS-111** for mental health support. If you feel at risk of attempting self-harm or suicide, please phone **999**-Ambulance for immediate advice.

Registered Office: Community House, South Street, Bromley, BR1 1RH.

Funded by the London Borough of Bromley and NHS Bromley Clinical Commissioning Group.

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www.bromley.gov.uk



Clinical Commissioning Group

**Bromley Well**

# Mental Health & Wellbeing Service



**Supporting the mental health, wellbeing and independence of adults living in the London Borough of Bromley**

To use the service or find out more please call Bromley Well on:  
**0300 330 9039**, email: **wellbeing@bromleywell.org.uk**,  
or visit: **www.bromleywell.org.uk**

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# Getting support to manage common mental health problems

We support people who may be experiencing mild concerns relating to their mental health, which may be contributing to feelings of stress, anxiety and low mood. Our aim is to offer you supportive information and advice to help you manage your wellbeing, access local support in your community and improve your lifestyle to be able to live a full and healthy life in a sustainable way.

## Our services



### Information and Advice

Offers practical support and advice on how to manage your wellbeing, including:

- Individual practical and emotional support on ways to improve self-care, health and lifestyle
- Family-based support
- Health & wellbeing clinics
- Drop-in advice service
- Information, advice and support to access services in the local community



### Peer Support

Access a variety of courses, social groups and activities designed to improve mental health and wellbeing, including:

- A 6-week course on practical ways to improve wellbeing with a focus on stress, anxiety or depression
- Coffee connections – meet like-minded people for coffee every week in Bromley
- Mindfulness workshops
- Walking groups;
- and much more, see [www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events) for more information



### Mental Health Carers

Support and advice for any person caring for another adult living with a mental health problem, including:

- Practical information on ways to cope with your caring role
- Advice on carers rights, benefits and mental capacity
- Information and support to access services within the community for yourself and cared for person
- Drop-in advice service
- Skills and information workshops
- Peer support group