



Mental Health and Wellbeing Service Groups

Support for Adults with Mental Health Problems

The groups listed below are for any adult that lives, works, receives care or is registered with a GP in the London Borough of Bromley and experiencing difficulties in managing their mental health. These groups are delivered free for local people, in partnership with the Bromley Recovery College, part of Bromley, Lewisham and Greenwich Mind.

Group	Sessions	Frequency	How to Access
Coping with Life Practical support sessions designed to help you understand and combat common mental health problems such as anxiety, stress and low mood. Each session provides a good opportunity to meet like-minded people, to discuss common challenges and to learn and practice different ways to live and stay well.	Week 1 Low Mood & Other Emotions Week 2 Stress & Poor Sleep Week 3 Worry, Anxiety and Panic	Tuesdays & Fridays Monthly 11am-1pm	Groups are currently taking place via Zoom and we will resume face-to-face as soon as possible. Please get in touch with our team to register for the next course. To register: Text: 'CWL' to 07732 079 039 Email: wellbeing@bromleywell.org.uk Phone: 0808 278 7898.
Please note:			
<ul style="list-style-type: none"> • Attendance at all three sessions is recommended but not compulsory. • All delegates will receive an information booklet and support to refer to the Bromley Recovery College to access further mental health courses upon completion of the programme 			

Delivered in partnership with Bromley Recovery College, part of Bromley, Lewisham and Greenwich Mind. www.blgmind.org.uk



Support for Mental Health Carers

The groups listed below are for any adult provides care for another adult with a mental health problem and who lives in the London Borough of Bromley. These groups are delivered free for local people, in partnership with Oxleas NHS Foundation Trust and the Bromley GP Alliance.

Group	Frequency	Dates	How to Access
<p>Coping with Caring 6-week programme that uses cognitive behavioural therapy techniques to help carers navigate the impact of caring and establish effective ways to improve thoughts, feelings and behaviours towards caring for others.</p>	<p>Wednesdays 6 weeks 10am-12pm</p>	<p>26th January – 9th March 2022</p>	<p>We provide this course 4 times per year. You can contact our service anytime to register and you will be added to the next available course.</p> <p>Email: wellbeing@bromleywell.org.uk Text: 'CWC' to 07395245784 Phone: 0808 278 7898</p>
<p>Carers Coffee Afternoon Fancy a chat? This informal group brings together local, like-minded carers to connect and chat in the afternoon.</p>	<p>Wednesdays Weekly 3pm-4pm</p>	<p>Every week</p>	<p>Click this Zoom link to join the session live every Wednesday afternoon from 3pm.</p>

Delivered in partnership with Oxleas NHS Foundation Trust and the Bromley GP Alliance.

