



in Bexley

WELLBEING SUPPORT

FREE TO CALL LINE

THIS IS NOT A CRISIS LINE

0808 196 3896

I need to speak to
somebody about
how I am feeling

Where can i go to
get help?

WE ARE HERE TO SUPPORT YOU

Times - Monday-Friday
10 am - 3 pm



ISOLATED, WORRIED - WE ARE
JUST A PHONE CALL AWAY



‘**TALK TO US**’

...about your difficulties coping with low mood, frustration, depression, anxiety, sleeping difficulties that have an impact on your daily life e.g. work, relationships, family life or caring role.

Call Mind in Bexley on 0208 303 8932 option 1, ask your GP or Healthcare Professional for a referral or refer online at: www.mindinbexley.org.uk or email: referral@mindinbexley.org.uk

Where can I get more mental health information?



Visit mind.org.uk for further information on all aspects of mental health and choose from over 40 booklets in our online shop.

t: 0300 123 3393 (infoline)
t: 0844 448 4448 (booklets)
e: publications@mind.org.uk
w: mind.org.uk/shop



Crisis contact info



in Bexley

When you feel unable to keep yourself (or others) safe and need immediate help, **CALL 999** or go to the nearest hospital Accident and Emergency Department.

Don't know what to do? Call **111**. This is the NHS non-emergency service who can advise you

Oxleas Urgent Advice Line: 0800 330 8590

The Samaritans: 116 123 (available 24 hours, free to call from landlines and mobiles)

Quick tips on stress



Work out your stress triggers

Then you can think about what you could do to manage your triggers better.

Sort out your worries

Divide them into those that you can do something about (now or soon) and those you can't.

Get organised

Make a list of jobs – tackle one task at a time, and alternate dull tasks with interesting ones.

Be active

Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy, such as walking the dog, dancing, playing a sport or gardening.

Take regular breaks

If you feel things are getting on top of you, try taking a short stroll or having a hot drink.

List your achievements

Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

Get a different perspective

Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

Take control

Get started by doing one task you feel you can manage – for example, making an appointment or doing the dishes.

For more information visit mind.org.uk/stress

Mind Infoline: 0300 123 3393 or text: 86463

Bexley Crisis Café

Where can you find us?

We are open outside of usual mental health service hours from 6pm to 10pm Monday to Sunday including Bank Holidays.

Mind in Bexley

2a Devonshire Road,
Bexleyheath, DA6 8DS

The Bexley Crisis Café is a safe and friendly place that you can come to if you are experiencing emotional or psychological distress. It is a place to meet others with similar problems and to access mental health support and advice.

