

## How you can get help?

We'll work with you to explore your problems and together work out the best way to deal with them.

All we ask is that you are over 18 and are registered with a GP in the borough of Bromley. So, if you feel you need help then please speak to your GP or refer yourself by calling:

**Call 0300 003 3000\***

[www.bromleyworkingforwellbeing.org.uk](http://www.bromleyworkingforwellbeing.org.uk)

## Tell us what you think

We want you to be happy with the service you receive from us. If you are happy with the support you are receiving, it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you. We know that every so often something might go wrong. If you're unhappy with the support you receive or an element of our service, we want to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at:

**Bromley Healthcare CIC**  
Global House  
10 Station Approach

Hayes, Kent BR2 7EH  
[contact@bromleyhealthcare-cic.nhs.uk](mailto:contact@bromleyhealthcare-cic.nhs.uk)  
[www.bromleyhealthcare.org.uk](http://www.bromleyhealthcare.org.uk)

If you're receiving guided self help or employment support please contact:

**Bromley & Lewisham Mind**  
29 London Road  
Bromley, Kent BR1 1DG  
[bww@blmind.org.uk](mailto:bww@blmind.org.uk)  
[www.blmind.org.uk](http://www.blmind.org.uk)

## Need urgent help?

*We are not a crisis service,  
in an emergency call:*

- Your GP or 111
  - The Samaritans on **01689 833000**  
or **08457 909090**
  - Bromley Crisis Line on **0845 608 0523**
- Alternatively:*
- Go to your nearest A&E

\* Calls to 0300 numbers cost no more than a national rate call to an 01 or 02 number and usually count towards any inclusive minutes in the same way as 01 and 02 calls. Please check with your telephone operator.



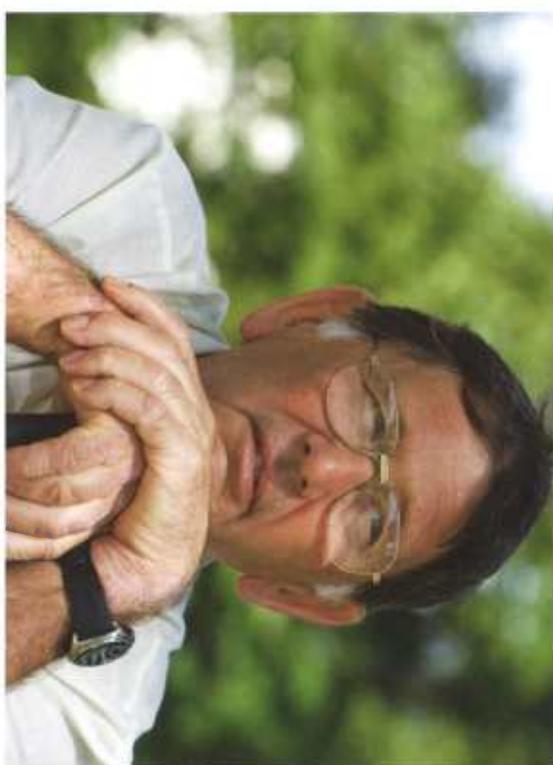
**Stressed? Down?  
let's talk it through**

**Free talking therapies** for adults registered with a Bromley GP

# Welcome to Bromley Working for Wellbeing

At least one in four of us experience mental health problems at some stage in our lives.

Problems such as anxiety and depression can happen for many reasons. It's important to remember that there are people who can help you if things are getting too difficult for you to cope with.

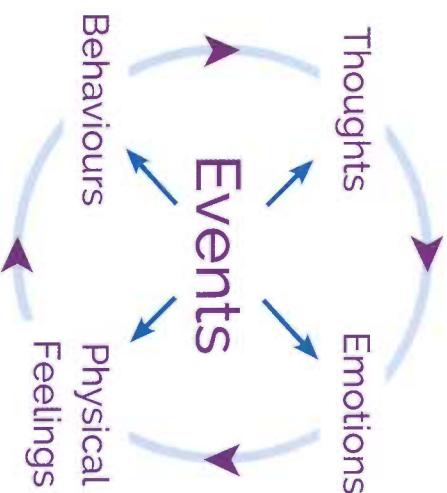


## We offer Talking Therapies

We offer a range of effective talking therapies, including Cognitive Behavioural Therapy (CBT), in a safe and non-judgemental space.

## What is CBT?

CBT is a form of talking therapy which aims to help you look at the way you think, feel and behave. The diagram below helps to explain how thoughts, feelings and behaviour are linked.



## Improving Access to Psychological Therapies (IAPT)

Bromley Working for Wellbeing is a partnership between Bromley Healthcare and Bromley & Lewisham Mind delivering Improved Access to Psychological Therapies as part of the national IAPT programme.

[www.iapt.nhs.uk](http://www.iapt.nhs.uk)

## Problems at work?

We have an Employment Support service, which can help if you're struggling to stay in work as a result of your problems or having trouble telling your employer about your problems.

## Confidentiality

We will maintain and respect your confidentiality. All our services are confidential. You can let us know if you prefer to be contacted by phone or letter.

## Where are we based?

We work in GP surgeries, community centres and libraries across the borough of Bromley.

We cover all areas including Beckenham, Mottingham, Orpington, Peckham and The Crays.

This means we can provide you with support close to where you live.

Contact Bromley Working for Wellbeing. **We can help.**

NHS

Bromley & Lewisham Mind

Bromley Healthcare

BCCS

Office