



# BROMLEY WORKING FOR WELLBEING

working together for better mental health

Bromley Working for Wellbeing is  
a service delivered in partnership  
between



Bromley &  
Lewisham



**Bromley  
Healthcare**  
better together



**O&F CS**  
Orpington & Farnborough Counselling Service

# Who are we?

- Service offering psychological therapies (talking therapies).
- Part of Improving Access to Psychological Therapies (IAPT) initiative
- Funded by NHS, via CCG
- Delivered in partnership between Bromley and Lewisham Mind, Bromley Healthcare and Bromley Community Counselling Service.

# Service History

- Commenced operation in September 2010
- Third wave IAPT site, so funding not ringfenced.
- Initially only open to GP referral.
- Expanded slowly – now include BCCS counsellors.
- No longer only open to GP referral, will take self-referral as well.

# What do we offer?

- We are funded to treat patients with anxiety and depression.
- We work with patients who experience symptoms of:
- Generalised Anxiety Disorder (excessive/chronic worry)
- Obsessive Compulsive Disorder
- Panic Disorder
- Post Traumatic Stress Disorder
- Phobias (various – with a specialism in dental phobia)
- Social Anxiety
- Health Anxiety
- Depression
- Stress control
- Support to people experiencing anxiety/depression as a result of diagnosis with a long term condition eg pain, COPD, Diabetes, CHD, others.
- Post natal support
- Specialist support to people experiencing mental ill health as a consequence of unemployment/difficulty returning to work following a period of mental ill health and whose jobs may be at risk.

# Nature of support

- We offer treatment in a stepped care model. This means that we will offer the least intrusive support first.
- We offer Low Intensity Cognitive Behaviour Therapy (LICBT) in the first instance
- We offer CBT for more complex patients
- We also offer CBT for couples, interpersonal therapy, as well as generic counselling
- We work across the Borough in clinics, health centres, community venues and GP surgeries.
- We work face to face, by telephone, via Skype, cCBT and in groups.

# Structure of Service in 2015

- We receive approx 6,000 referrals per annum from a range of sources. Approx 25% of referrals are self referrals.
- We have waiting lists for assessment that fluctuate in time scale depending on number of referrals received.
- We employ 18 LICBT therapists/20 HICT therapists and approximately 20 counsellors as well as admin staff and 4 employment advisors.