



Looking after my mental health



I'm feeling a bit down, what can I do to help myself feel better?



Go for a walk



Talk to a friend or family member



Do something I enjoy like listening to music



Help a friend or neighbour



Have a look at our boredom busters ideas



I'm feeling lonely. I want to get out of the house more and see other people. Where can I go?



Bexley Mencap
0208 303 6336



Re-instate Living Well
01322 438 155



Community Connect
020 3045 5176



I feel down or anxious and need some help.



Get in touch with your GP

If you can't get in touch with them call NHS 111



Mind Recovery College

020 8303 8932 (choose option 5)



Re-instate

01322 438 155



Kooth – a website to help people up to 25 years in Bexley

www.kooth.com



I would like to talk to someone about how I feel



Mind in Bexley Talking Therapies
0208 303 8932 (choose option 1)



Counselling Matters
0800 047 2600



Mind in Bexley Well-being line (open Monday-Friday
10am-3pm)
0808 196 3896



Call Samaritans
116 123
(free from a mobile phone)



I feel like I might hurt myself or someone else. What should I do?



Oxleas Crisis Line
0800 330 8590



Call Samaritans
116 123

(free from a mobile phone)



Go to the Crisis Café – 6pm-10pm every day
Mind in Bexley
2a Devonshire Road
Bexleyheath
DA6 8DS



Call 999



Go to A&E at hospital