**Adult Mental Health and Wellbeing Resources**

**Talking therapy:**

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**If you are stressed, worried or feeling down right now you can call the MIND in Bexley Wellbeing Line on 0808 196 3806**

**Open Monday-Friday, 10 am- 3pm**

**You can also phone the Counselling Matters helpline which is staffed by counsellors and open 9am to 9pm 7 days a week: 0800 047 26000**

# Crisis resources:

# If you feel unable to keep yourself safe please call 999 or attend the nearest Accident and Emergency Department (Queen Elizabeth Hospital Woolwich or Darent Valley Hospital)

# At other times of crisis please contact:

# Your registered GP surgery Monday to Friday 8am -6.30pm

# Oxleas Mental Health Crisis Line: 0800 330 8590 (24 hour service)

# Samaritans: call 116 123 or visit [www.samaritans.org](http://www.samaritans.org) (24 hour service)

# SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.

# The Bexley Crisis Café is a safe and friendly place to come to if you are experiencing severe emotional or psychological distress. The service provides access to mental health support and advice from mental health and wellbeing professionals.

# Opening times: 6 pm to 10 pm from Monday to Sunday and Bank Holidays.Location: Mind in Bexley 2a Devonshire Road, Bexleyheath, DA6 8DS

# Further Crisis resources: <https://mindinbexley.org.uk/help>

**Depression:**

# 24 hour text support service: <https://giveusashout.org/>

Online emotional wellbeing and mental health support: <https://www.qwell.io/>

Support organisation: <http://depressionuk.org>

Advice and practical tips to help you look after your mental health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>

Signs, symptoms and treatment guide: <https://web.ntw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf>

How to challenge unhelpful thoughts: <https://mindinbexley.org.uk/wp-content/uploads/2020/03/TalkPlus_Cognitive_Restructuring.pdf>

Mindfulness, meditation and relaxation resources: <https://mindinbexley.org.uk/mindfulness>

Resources to help you look after your physical health: <https://mindinbexley.org.uk/physical-activity>

Cognitive behavioural therapy self- help: <https://www.getselfhelp.co.uk/depression.htm>

Silvercloud online cognitive behavioural therapy programme: <https://mindinbexley.silvercloudhealth.com/onboard/bexley/>

# Book recommendation: ‘The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness by Professor Steve Peters

# Anxiety:

# 24 hour text support service: <https://giveusashout.org/>

Online emotional wellbeing and mental health support: <https://www.qwell.io/>

# Support (online, phone, text), resources and courses: <https://www.anxietyuk.org.uk/> Helpline: 03444 775 774 - Mon-Fri: 9:30am - 5.30pm

# Advice and self-help resources for anxiety, panic attacks, phobias, Obsessive Compulsive Disorder and other anxiety-related conditions: [www.nopanic.org.uk](http://www.nopanic.org.uk) Helpline 0300 772 9844 Every day 10am -10pm

# Signs, symptoms and self-help strategies: <https://www.moodjuice.scot.nhs.uk/anxiety.asp>

# Support and advice: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

# Cognitive behavioural therapy self-help: <http://getselfhelp.co.uk/anxiety.htm>

# Bereavement:

# Pre- bereavement and bereavement support and counselling: CRUSE Bexley and Bromley

### [www.cruse.org.uk/get-help/local-services/south-east/bexley-and-bromley](http://www.cruse.org.uk/get-help/local-services/south-east/bexley-and-bromley)Helpline: 0808 808 1677

Practical guidance and support following the loss of a loved one: National Bereavement Service

<https://thenbs.org/>

Peer-to-peer support network to anyone who’s been widowed at a young age: WAY- Widowed and Young

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

Signposting website for the bereaved and anyone supporting them: At a Loss

[www.ataloss.org](http://www.ataloss.org)

Helpline for people affected by the death of a child under any circumstances: The Child Death Helpline

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk) Helpline: 0800 282 986

**Postnatal depression:**

Support for mothers suffering postnatal illness and their families: Association for Postnatal Illness

<https://apni.org/>

Pre- and postnatal depression advice and support for parents: PANDAS

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk) Helpline **0808 1961 776** 11am -10pm Everyday

**Domestic Abuse:**

Support and advice: National Domestic Abuse Helpline

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) 24 hour Helpline 0808 2000 247

Information, support and advice: Womens’ Aid

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

Helpline for men affected by domestic abuse: Respect Men’s Advice Line

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk) Helpline: 0808 8010 327 Monday- Friday 9am-8pm

Support and advice: Solace

[www.solacewomensaid.org](http://www.solacewomensaid.org) Helpline:  **0808 802 556580**

Information, support and signposting for men affected by domestic abuse and their friends and family: ManKind Initiative

[www.mankind.org.uk](http://www.mankind.org.uk) Helpline: 01823 334 244

**Local suppport organisation: Bexley Womens’ Aid**

[www.bexleywomensaid.org.uk](http://www.bexleywomensaid.org.uk) **Helpline: 020 8302 1536 Monday -Friday 9.30am -12.30pm**

**bexleywomensaid.org.uk**

**bexleywomensaid.org.uk**

**Psychoses:**

Emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers: SANE

<http://www.sane.org.uk/> **Helpline:** 0300 304 7000 Monday to Friday 4.30pm to 10.30pm

**Advice, information and support: Rethink Mental Illness**

[www.rethink.org](http://www.rethink.org) **Advice line: 0808 801 0525 9.30 am- 4pm Monday to Friday**

**Support and advice for Bipolar: Bipolar UK**

[www.bipolaruk.org](http://www.bipolaruk.org)

**Eating Disorders:**

**Support for those affected by eating disorders: Beat eating disorders**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) **Helpline:**  0808 801 0677

Support and self help groups for those affected by eating disorders: Seed Eating Disorder Support Service

<https://seedeatingdisorders.org.uk/>

**Support for those affected by eating disorders: Anorexia Bulimia Care**

[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk) Helpline: 03000 11 12 13

**Wellbeing Apps:**

Silvercloud

Clear fear

Headspace

Calm Harm

Calm

Apps for depression, anxiety, physical wellbeing and eating disorders: <https://mindinbexley.org.uk/apps>

Book recommendations for mental health and well being: <https://reading-well.org.uk/books/books-on-prescription/mental-health>

Mental wellbeing audioguides: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>

**Sleep**:

Getting a good night’s sleep self help guide: <https://mindinbexley.org.uk/wp-content/uploads/2020/03/SleepHygiene.pdf>

How to cope with sleep problems-Advice from MIND: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>

How to cope with sleep problems self- help resoures from MIND: <https://mindinbexley.org.uk/self-help-materials>