

IAPT Talking therapies

If you are struggling with worry, feeling down, stress, bereavement and are 18+ registered with a Bexley GP you can refer for FREE NHS therapy. We can provide support by phone, zoom or via Silvercloud the online therapy programme. Limited face to face appointments are also available. Visit <https://mindinbexley.org.uk/talking-therapies> to self-refer, call 0208 303 8932 option 1 or ask your GP to make a referral.

Recovery College

Our Recovery college provides a befriending service, check in calls and a digital timetable with an array of free courses and workshops to improve wellbeing. Please see digital timetable attached.

Crisis Café

Our drop-in service the Crisis Café remains OPEN at our Mind in Bexley office. Open Monday-Sunday 6pm-10pm. For anybody 18+ in Bexley who is emotionally distressed and needs somebody to talk to. No need to book, just turn up.

Wellbeing Line

We have also created a wellbeing line for adults who are struggling with their mental health and need somebody to talk. We are open Monday-Friday 10am-3pm and the free wellbeing line number you can call is 0808 196 3896