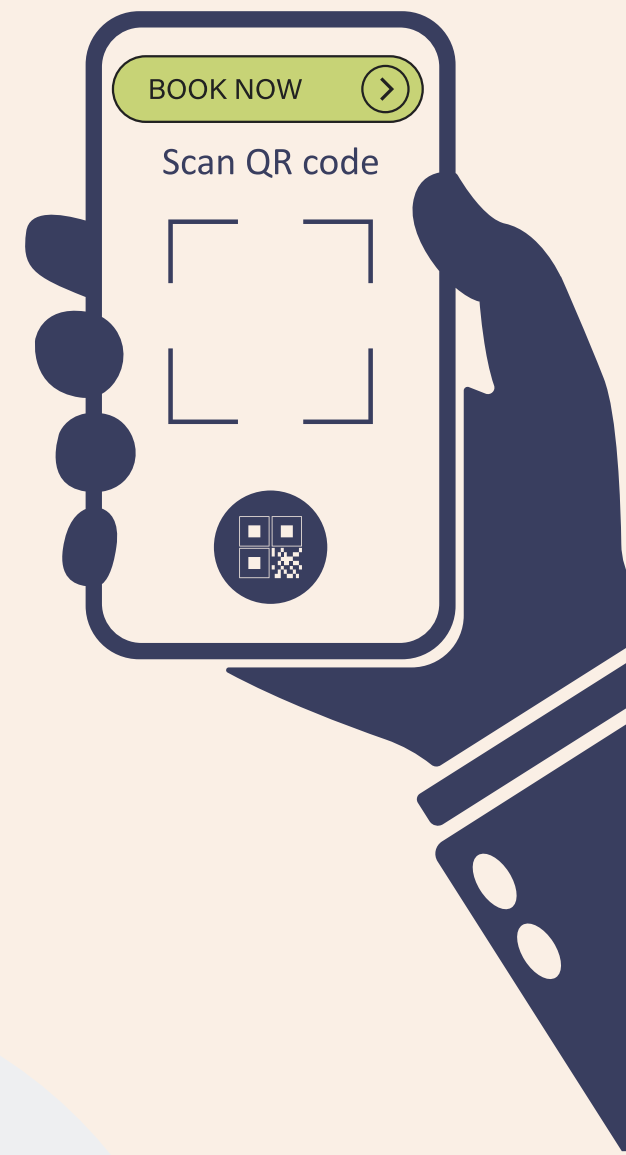


Bromley Mental Health Forum

Bi-weekly online meetings



Tuesday

18:30



Bromley Mental Health Forum

If you use or have used Mental Health services in Bromley, join the discussions! Bromley Mental Health forum is a friendly and safe space to share your lived experience of mental distress. We want to hear what has your journey

Mental and Physical Health



We will be discussing topics like: What impact living with mental distress has on your physical health?
 What impact does your medication and the side effects have on your health and your recovery?
 What has your experience been using GP surgery and physical health checks



Barriers and Solutions to Independent Living

We will be discussing what the barriers or gaps are with the current services, through shared experiences, exploring what are the solutions.



Book by scanning QR Code or contact chat@xbyxbromley.com

