

Help with mental health issues, domestic abuse and bereavement.

We know that many of the restrictions that we are currently living with will have a greater impact on your life if you are bound by mental health issues or domestic abuse of any kind or if you are recently bereaved. The government has already recognised the huge rise in the numbers of people accessing helplines and is looking at ways to address these pressing issues.

The following websites include advice on many things that you can do to help reduce the impact, or ways in which you can access help.

Mental health issues:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Domestic abuse:

<https://www.womensaid.org.uk/>

<https://www.refuge.org.uk/>

<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/>

Our local refuges can be contacted at 020 8313 9303:

<https://www.bcwa.org.uk/>

If you are in immediate danger, the police are available. If you dial 999 and cannot speak, press 55 - you can be traced and the police are aware of your danger.

Bereavement:

<https://www.ataloss.org/>

<https://www.cruse.org.uk/>

<https://www.churchofengland.org/life-events/funerals>

One to one bereavement support is available from the Bromley Bereavement Service:

<https://www.stchristophers.org.uk/bromley-bereavement-service>

If you feel that you are unable to access any of this help or to find the specific help you are looking for, but you would like to speak to, or email someone, do contact our vicar, Hazel on 020 87775034 or hazelos58@gmail.com.

You can also call Premier Lifeline 9am to midnight every day on 0300 111 0101 - a confidential telephone helpline offering a listening ear, emotional and spiritual support from a Christian perspective, prayer and signposting:

<http://www.premierlifeline.org.uk/>

The Samaritans are also available 24 hours a day at 116123.

See <http://www.samaritans.org/> for more information.