

# Contact

Recovery Works  
Bromley & Lewisham Mind  
Stepping Stones  
38 Mason's Hill  
Bromley  
BR2 9JG

Tel: 020 8289 5020

Email: [recoveryworks@blmind.org.uk](mailto:recoveryworks@blmind.org.uk)

Website: [www.goo.gl/vQB4vf](http://www.goo.gl/vQB4vf)



Bromley & Lewisham Mind  
Charity No. 1082972 Company No. 4071152  
Registered Office: 5 Station Road, Orpington BR6 0RZ

Recovery Works is delivered by



in partnership with



# Recovery Works

Supporting people with mental health problems, living in the London Borough of Bromley, to lead fulfilling lives

Recovery Works is funded by



# Working Towards Recovery

Recovery Works support adults with their recovery from mental health problems to take control of their own lives and build a meaningful and satisfying life, in the way that works for them.

## To Access the Service

Recovery Works services are available to people 18 years old or older who live, work, volunteer, or are registered with a GP in Bromley. You can contact us yourself or be referred by a health professional. Contact 020 8289 5020 or see overleaf.



### Personalised Advice and Support

Tailored, individual support to identify and achieve personal goals and manage your mental health.

Information and support to access opportunities and services in the wider community.

Build and develop social networks.

Support available in office and in the local community.



### Employment Advice and Support

Gain financial independence, meet new people and have new experiences with one-to-one support to find and stay in employment.

Access to volunteering opportunities to develop skills and experience.

Information and assistance to access education and learning opportunities.



### Recovery College

Peer and professional led courses and groups that will inform and explore ways to manage mental health problems.

Our prospectus details a variety of courses that will help improve your wellbeing, skills and help you achieve your personal goals and ambitions.

Prospectus available at [www.goo.gl/vQB4vf](http://www.goo.gl/vQB4vf)



### Peer Support

Give and receive support within special interest Peer Support Groups and/or from our one-to-one Befriending project.

For more information about Peer Support contact David Holmes:

Call or text  
07841 206710

Email  
[david.holmes@blmind.org.uk](mailto:david.holmes@blmind.org.uk)