

**Bromley**

**Well**

**Oxleas**  
NHS  
Improving lives

## Skills and Information Group for Mental Health Carers



### Are you caring for someone who is self harming?

Oxleas NHS and Bromley Well are offering FREE skills and information workshops for people caring for a relative or friend, to help you to cope with difficult situations that may arise.

This workshop will help you to understand the act of self-harm, why a person may do this and how to respond in a crisis.

Guest Speaker: Bridget Mhako (Bromley Crisis Service)

**When:** *Monday 24th June 2019 1pm-3pm and repeated on Monday 15<sup>th</sup> July 5.45pm – 7.45pm*

**At:** *Bromley United Reformed Church, 20 Widmore Road, BR1 1RY*

Please call the Mental Health Carers Team on 07718 403572 to book your place.

Tea, coffee, biscuits, fruit provided. We look forward to seeing you.

For further information and to book please contact the Mental Health Carers Team 07718 403572  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

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