

Bromley,
Lewisham
& Greenwich



Ensuring Holistic Support Services to Prevent & Respond to Mental Health Crises

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Preventing crises

- Reducing stigma
- Easy access to the right support
- Early intervention
- Holistic support
- Delivering support that resonates
- Self-management skills
- Developing peer and other support networks



What does it look like?

Mindful Mums & Bring Dad
Bromley Recovery College
Integrated Mental Health Hubs

Responding to a crisis

- Tailored crisis care plans that recognise the triggers for a crisis
- Support at the times it is most needed
- Creating a suitable environment
- Avoiding over-intervention
- Linking in to follow-up support (and avoiding escalation or repetition)



What does it look like?

Greenwich Mindline
Sanctuary Crisis Service

Inclusive and culturally sensitive support

- Needs to be part of a wider, ongoing commitment to inclusion
- Considering inclusion from a range of perspectives (including intersectionality)
- Working with local community organisations and leaders to shape and deliver support
- Specific and generic services

What does it look like?

Lewisham Culturally Diverse Communities
Programme
Culturally specific counselling

Equipping & training staff

- Developing understanding and skills
- Enhancing confidence
- Creating a safe environment
- Reflective practice supervision



Suicide Bereavement Support

- SEL Suicide Bereavement Service launched August 2021 covering 6 Boroughs
- Partnership delivery
- Diverse, multi-disciplinary staff team
- Referrals through RTSS
- Emotional, Practical & Spiritual support
- Range of 1-1 and group interventions
- 100% said the support helped them cope



**The support helped
pull me off a slippery
slope... I am forever
grateful**



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