



Connecting you to the help you need!

Community Connect is a free local service that can help you access the right support, when you need it. You just need to be 18+ years old and registered to a Bexley GP.

Our social prescribing service can help find the support that's right for you, by connecting you to local activities and services.

We can help with your non-medical concerns such as:

Ask your GP about a referral or you can self refer at:

communityconnectbexley.co.uk

 Fill in our online referral form and we will get in touch to support you.

 01322 524 682 option 1

Call to speak to someone in our team. Standard landline charges apply.

 Substance/ alcohol dependency	 Stress and anxiety	 Loneliness and isolation
 Domestic abuse	 Being a carer	 Managing health conditions
 Dementia	 Bereavement	 Debt and money advice
 Weight management	 Problem gambling	 Social or welfare needs



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We can help with..

- *Debt and money advice*
- *Stress and anxiety*
- *Mental health*
- *Weight management*
- *Substance/alcohol dependency*
- *Being a carer*
- *Domestic abuse*
- *Loneliness and isolation*
- *Social or welfare needs*
- *Bereavement*
- *Managing health conditions*
- *Dementia*
- *Problem gambling*

...and more.

Reach out to us:



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