

how are you doing?



How to **check in** with
yourself and **others**...

The logo for Kingston Giving, featuring a red arch above the text "Kingston Giving" in a dark teal font.

Reg charity no: 1190241



Need help now? You're not alone. Find **support** here.

Speak to your GP

Your GP can guide you to the right mental health services and help you determine the best support for your needs.

Crisis Support Lines – South West London and St George's Mental Health Crisis Line

Trained specialists are available to:

- ✓ Offer professional **support** and **advice** by phone and online.
- ✓ Direct you to the **right service**.
- ✓ Arrange **urgent assessments** if needed.



0800 028 8000 (24/7)

or **111** and choose the mental health option

South West London & St George's NHS mental health services



Good Thinking resources to help improve your wellbeing



Samaritans – Whatever you're going through, whatever the time.



116 123 (24/7)

Free Psychological Support

Kingston Talking Therapies

Offers confidential support for anxiety, depression, and other mental health challenges.



swlstg.nhs.uk/kingston-talking-therapies

Kingston Mind's services + projects



Under 19? Shout (Text Support Service) – Confidential support (messages won't appear on your phone bill)



Text 'Shout' to 85258 (24/7)

Childline – Free, confidential support for under-18s.



0800 1111

Kingston Mental Health Carers Forum

Run by carers for carers – advice and support to anyone voluntarily supporting someone with mental health challenges.



kmhcf.org.uk

kingstonlgbtforum.org.uk

Good Thinking Faith + Belief Communities



LGBT+ Support – Switchboard support for LGBT+ individuals



0800 0119 100 (10am–10pm)



hello@switchboard.lgbt



Online chat: switchboard.lgbt

You're not alone. Help is here.

Sometimes, we ask "**How are you doing?**" but don't really stop to listen – even to ourselves. Let's take a moment to check in honestly and explore what might help.

1. Pause and reflect

Grab a pen or just think through these questions:

- How have I been feeling **physically** (e.g., well, energetic, achy, or noticing changes in appetite)?
- How have I been feeling **emotionally** (e.g., focussed, calm, anxious, or overwhelmed)?
- What's been occupying **my mind** the most lately?

Write down 1 – 2 thoughts or feelings that stand out.

2. Spot the signs

Match what you're feeling to these common signs of **stress** or **struggle**. Put a tick next to any that resonate. If multiple apply, **it might be time to reach out**.

- ☐ **Trouble sleeping** or oversleeping
- ☐ Feeling **low**, **anxious**, or **numb** for several days
- ☐ **Avoiding** friends or activities you usually enjoy
- ☐ **Difficulty focusing** or making decisions
- ☐ Physical symptoms like **headaches** or **stomach aches**

3. Take a positive, doable action now

Connect: Message a friend or loved one and share how you're feeling.

Move: Step outside for 5 minutes or stretch where you are.

Anchor: Think of one small task you can finish today.

Breathe: Try this 4–7–8 breathing technique:
Inhale for 4 seconds.
Hold for 7 seconds.
Exhale for 8 seconds with a "whoosh" sound.
Repeat 3 times.

Simple check-In prompts

Use these for self-reflection or with someone you care about.

What's been on your mind lately?

What's one thing that helped today?

If your feelings were a weather forecast, what would it be?

What's one thing that's been hard?

What support would feel good right now?

What are 3 things you're grateful for today? Big or small, anything that made you smile or feel good.

Coping tools you can try

- **Mood journal apps** – e.g., Daylio, Moodnotes
- **Mindfulness apps** – e.g., Headspace, Calm
- **Exercise & movement** – even 10 minutes helps
- **Go outside** – fresh air and a different environment can really help lift your mood
- **Creative outlets** – art, music, writing, or baking
- **Gratitude practice** – note 3 small things daily

**Kingston mental
health and wellbeing
services**



Visit Kingston Recovery Café (also known as Crisis Café)

*"You're **never alone**, our doors are open."*

**No referral or appointment needed.
Just drop in or call us for support.**

If you're **struggling with how you feel** or are at risk of going into **crisis**, your local Recovery Café is here to help. These **free, walk-in, out-of-hours services** provide a **safe, supportive space** where you can talk to people who understand and care.

The Journey Recovery Hub provides a calm, welcoming space where you can feel supported during difficult times.

Support Available:

One-to-One Support

- ✓ Feel **calmer** and more **in control**.
- ✓ Create a **personalised safety plan**.
- ✓ Connect with additional services for **ongoing support**.

Drop-In Option – Need a listening ear or a safe place?

Just drop in to see us.



Alfriston Day Centre, 3 Berrylands Road, KT5 8RB



recoveryhub@rbmind.org / 020 3137 9755



Monday, Tuesday, Wednesday, Friday: 6:00 – 10:00 PM

Saturday: 2:00 – 10:00 PM (including bank holidays)

Drop-In Cafés

Kingston Mind Face-to-Face Drop-in Cafés

A friendly, relaxed, and safe environment for anyone in and around Kingston who is experiencing mental health challenges. Low-level support, subsidised meals and social inclusion at...

The Bridge Café @ Kingston WelCare



Wednesdays, 6:00 – 9:00 PM



53–55 Canbury Park Road, Kingston, KT2 6LQ

The Star Café



Thursdays, 7:00 – 9:00 PM




Alfriston Day Centre, 3 Berrylands Road, Surbiton, KT5 8RB

Take the first step toward feeling supported. You're always welcome.



Feeling lonely or isolated? Discover **welcoming spaces** to **connect, relax, and find support** in Kingston.

Community Cafés

New Era Community Projects runs inclusive cafés in Chessington, North Kingston, Kingsmeadow, and a thriving community fridge in Chessington.  newera-community.projects.org

Wellbeing Hubs

RBKares – Free soup, drinks, cake, and services like health checks, mental health support, bike repairs, and more (services vary).

 First Friday of each month, 11am–2pm  Queen Mary Hall, Cambridge Gardens, Kingston KT1 3NJ  RBKares.org

The Fircroft Trust – Join sessions to connect and become part of your community.

 Monday – Thursday, 9am – 4pm  96 Ditton Road, Surbiton KT6 6RH  07521 357289 (Contact: Gaya)

Good Energy Club – *Life Beyond Crisis*

Join diverse activities and classes across Kingston borough, with a central hub at Millennium House, Eden Street. Self-referral service for Kingston residents facing mental health challenges.

 John.Blon@hestia.org  07854 211 218

Voices of Hope – *Women's Hub*


Empowering women through community projects, peer mentoring, strategic forums, and employment support.

 voh.org.uk/kingston-womens-hub

Men Who Talk

Supporting Men's Mental Health Through Conversation


Join free online social groups designed to help men open up about what matters most—judgment-free.

 menwhotalk.org

Supporting those close to you

MAN&BOY

Fostering trust and confidence in South West London and Surrey through activities that strengthen bonds between men and boys.

 manandboy.org

Visit our website for more resources:
kingstongiving.org.uk/mental-health

Explore local resources for advice, mental health support, and skill-building opportunities in Kingston.

Citizens Advice

Free, confidential advice and information – **debt, benefits, housing, consumer rights, and more.** Support online, by phone, and in person.

☎ 0203 166 0953

Homeless or sofa surfing?

Emergency rough sleeper information

Kingston Churches Action on Homelessness (KCAH)

📍 St Peter's Church Hall, London Road, KT2 6QL

📅 Monday to Friday – 10:00 – 12:00 for new registrations.



Food

Kingston Council Adult Social Care

☎ 020 8770 5000 (out of hours / Duty Social Worker)

We partnered with **RBKares** to create a leaflet and online map of daily community food support.

Refugee Action Kingston

- ✓ **Legal** advice
- ✓ **Welfare** advice
- ✓ **Counselling** and **wellbeing**
- ✓ **Learning** centre
- ✓ **Employment** support
- ✓ Other **community activities**

💻 refugeeactionkingston.org.uk



bit.ly/hot-lunches



bit.ly/support-map

Do you want to improve your skills and find career support?

'Ask Nim' helps you develop skills and find career support, answering questions in any language.

'Ask Nim'



Learn more +
download our leaflet



You don't have to wait until things hit **breaking point**. Simply asking "**How are you doing?**" – whether it's to someone else or yourself – can be a step toward **clarity** and **support**.

You matter.
You're not a burden.
You're doing your best
(and **that's enough**).

*Created in Partnership with **Barwell Business Park**.*



Learn about
Kingston Giving



Kingstongiving.org.uk
Reg charity no: 1190241



BARWELL

barwellbusinesspark.co.uk



Learn about
**Barwell
Business Park**

