

MEN'S HEALTH WEEK



Men's Health Week 9th - 15th June 2025



MHST

The Mental Health Support Team (MHST) in schools is part of Bexley Child and Adolescent mental health service. They are a group of mental health professionals who work with young people who are experiencing anxiety, stress and/or low mood.

They can provide 1-1 sessions of guided self-help.

Have a think about completing a [self referral](#) form if you feel this would be helpful to you.

YOUNGMINDS

fighting for young people's mental health

The UK's leading charity fighting for a world where no young person feels alone with their mental health

[Toxic Masculinity and Mental Health](#)

[Therapists answer your questions about therapy](#)

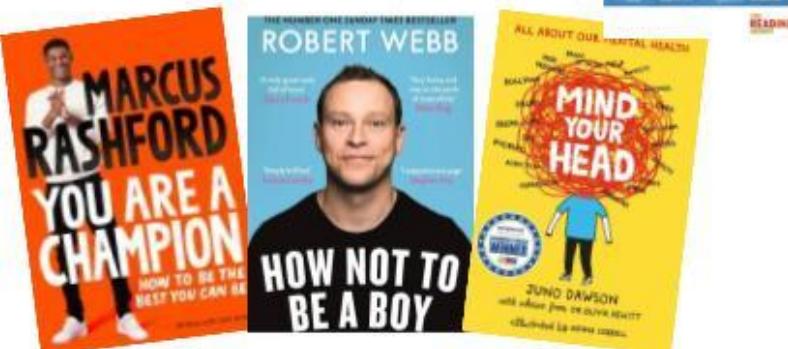


Find and join sports activities that match your passion!



Library:

- In the library with Mrs Fernandez
- Wellbeing section in the Library
- Psychology (150)
- Medicine and Health (616)
- SHELF Help wellbeing document (linked opposite)



THE NUMBER ONE SUNDAY TIMES BESTSELLER
ROBERT WEBB

HOW NOT TO
BE A BOY



School Nurse, Student Hub and KS5 office:

Drop in for support and advice for your physical and mental health (Student Hub and Medical can be found along the art corridor)
Ask about school counselling!



is your online mental wellbeing community. Access free, safe and anonymous advice.



The mental health charity, here to make sure no one has to face a mental health problem alone.



Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact
HOPELINE247 - 08000684141, text 88247
or email pat@papyrus-uk.org



SAMARITANS

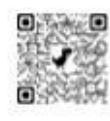


Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



Bexley Sexual Health

Free, friendly and non-judgemental advice and information about sexual health from our community outreach team
Central Library's Kingsley Room, Tuesday's weekly: 12 - 2pm - All-age drop-in or 3 - 4.30pm - Under 25's drop-in



Sexual Health London is a discreet online service for people aged 16+ living in London to order free STI self-testing kits to your home or a collection point.

SEXUAL HEALTH LONDON

Shore is a safe space for teenagers and young adults concerned about their own or someone else's sexual thoughts and behaviour. All their services are anonymous.

