

Bromley Well provides specialist support for people who care for a relative, partner or friend who struggles with their **mental health**



## How can we help?

**We provide emotional support and guidance to manage your wellbeing and help you with your caring relationship**

- One to one support for you to talk about your caring and how it impacts you
- Carers Workshops in partnership with Oxleas Mental Health Professionals on various topics
- Guidance and advice on different aspects of caring and mental health
- Monthly online group to chat and connect with others in similar situations
- Coping with Caring – our 6 week course for mental health carers
- Carers Drop-In group at the Princess Royal Hospital for carers of people being seen by the acute units at Green Parks House or Home Treatment Team
- Wellbeing events and social gatherings

**To make contact or refer someone to the Bromley Well service:**  
Freephone

**0808 278 7898**

[www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)

**Or get in touch with the Mental Health Carers team using**  
[mhcarers@bromleywell.org.uk](mailto:mhcarers@bromleywell.org.uk)