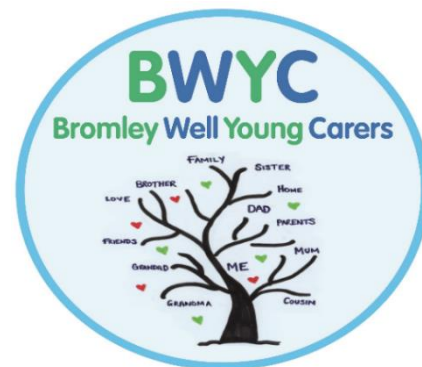


App Guide



We have put together this brief guide to the different sections on the Bromley Well Young Carers App

Self-Assessment - There are two brief self-assessments where you can answer some short questions about your life, your caring role, and how it affects you. This will give us an idea of the areas in your life you could do with some support in and how we might be able to help. These self-assessments can be re-done every few months.

Awards - See the awards you have gained from completing self-assessments or feedback.

Downloads - Here you will find links to resources that we think might be useful to you as a young carer.

What's Happening - This is where we will add details of our upcoming activities.

Notifications - here you will find any notifications that we have sent out to App users. For example this could be info about something we've added to the download section, or a reminder about an upcoming activity.

Feedback - In this section you can give us feedback on how well you feel supported by Bromley Well Young Carers Service and give some ideas on how we could develop the support we offer in the future.

Message Us - If you feel in need of instant support and are unable to cope you can use this function to directly message us and we will get in touch.

Thought Tree - Here you can submit any negative thoughts you are having that you would like to let go of or any positive feelings you would like to share. This function is completely anonymous and the tree will refresh every so often.

