

Bromley Well

Do you care for a relative, friend or neighbour with a mental health problem?



Call the Bromley Well advice line on: **0300 3309 039**.

Or email: **spa@bromleywell.org.uk** and ask for
mental health Carers Support.

www.bromleywell.org.uk

 **@BromleyWell**

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What support is available through Bromley Well?

- **Monthly mental health carers support group** – 2nd Tuesday of every month (except August & December). 6pm - 7:30pm.
- **Mental Health Skills and Information Group** – a speaker is invited to talk on a topic related to Mental Health. The 2nd hour allows you to talk openly in a confidential space.
- **Carers Education Programme** – 7 week programme: 3 hour workshop covering a different topic related to mental health each week.
- **Drop-in support group** – every Wednesday 4:30pm - 5:30pm
- **1:1 appointments** – to talk about your caring role and its impact on you.



To access the support please phone the Single Point of Access on **0300 3309 039** or email **spa@bromleywell.org.uk**
www.bromleywell.org.uk

You will need your NHS No. (Please call your GP if you don't know your number)

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