

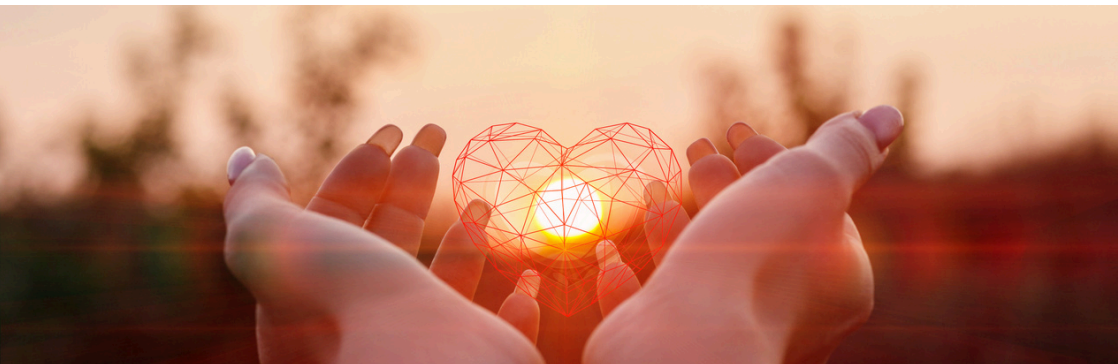
**Bromley Well**

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.

**To make contact or refer someone to Bromley Well****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****[mhcarers@bromleywell.org.uk](mailto:mhcarers@bromleywell.org.uk)**



## How can we help?

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

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