

**Bromley**

**Well**

**MENTAL HEALTH  
CARERS**

### **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)

 [@bromleywell](https://twitter.com/bromleywell)

 [@bromleywellservice](https://www.facebook.com/bromleywellservice)

 [@bromleywellservice](https://www.instagram.com/bromleywellservice)

Service delivered by

Bromley,  
Lewisham  
& Greenwich 

Funded by

  
THE LONDON BOROUGH  
[www.bromley.gov.uk](http://www.bromley.gov.uk)

  
South East London



## 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 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

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