

Bromley Well provides dedicated support to Young Carers aged 4 to 19 to help them manage caring relationships whilst enjoying childhood.

How can we help?

- Opportunities to meet with other young carers, have fun, discuss any worries & try out new activities
- Emotional support
- Support to access counselling
- Training courses
- Workshops
- Online support
- Peer support groups
- Leisure activities
- A Young Carers Forum
- Support for preparing for adulthood

We have a Young Carers App and newsletter to help bring Young Carers together and learn more about activities available in Bromley.

For queries about the service, contact our Young Carers team on 020 8466 0790 or email youngcarers@bromleywell.org.uk

To refer someone to the Bromley Well service:

Freephone

0808 278 7898

www.bromleywell.org.uk/refer

Once we receive your referral, our Young Carers Team will contact you to arrange a meeting.

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

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

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



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