



Support Calls: *Improving access to wellbeing support*

Is your child experiencing difficulties with their emotional wellbeing?

Are they feeling anxious, low or displaying challenging behaviours?

Are you uncertain of how to best support them?

During these unprecedented times, we would like to make it as easy as possible for young people and their parents/carers to access appropriate wellbeing support. As such, we are offering 30 min phone consultations with one of our practitioners for advice and guidance. This may lead to signposting or a referral into our service.

To arrange a call, email swwellbeingsupport@bromleyy.org with the following:

- Name and contact number
- Child's age and school
- General availability for a call
- A brief description of what you wish to discuss or any other relevant information

We aim to get back back to you within 5 working days.

To find out more about Bromley Y or to access self-help tips for a range of mental health difficulties, please visit our website.

bromley-y.org



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