BROMLEY Y
Building Strengths

# 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?

We would like to make it as quick and easy as possible to access appropriate wellbeing support. As such, we are offering parents/carers 30 min phone consultations with one of our practitioners for advice and guidance on any current difficulties.

To arrange a call, email **MHSTsupport@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 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**

*Working in partnership with*

Bromley
THE LONDON BOROUGH
www.bromley.gov.uk

NHS
South East London
Clinical Commissioning Group

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