



## Directory of help

We have a range of different services available across Bromley for our children and for our families. Some of these are directly provided by the Council with a significant number provided by our partners.

### Bromley and Croydon Women's Aid

Empowering anyone suffering domestic abuse so they can make informed choices about their future and to help them gain the confidence, strength and self-respect needed to free themselves from abusive relationships.



020 8313 9303



[bcwa.org.uk](http://bcwa.org.uk)

### Bromley Brighter Beginnings

Distribution of prams, clothes, highchairs, nappies and toiletries to families in need living.



[bromleybrighterbeginnings.org.uk](http://bromleybrighterbeginnings.org.uk)

## Bromley Council

### Adult Social Care



020 8461 7777



[adult.early.intervention@bromley.gov.uk](mailto:adult.early.intervention@bromley.gov.uk)

### Children's Social Care



020 8461 7373  
020 8461 7379  
020 8461 7026



[mash@bromley.gov.uk](mailto:mash@bromley.gov.uk)

Out of hours (after 5pm weekdays, all day on weekends and bank holidays)



0300 303 8671

## Bromley Drug and Alcohol Services

Helping people change the direction of their lives, grow as individuals, and live life to its full potential by tackling any drug or alcohol related behaviours.



020 8289 1999



[changeGrowLive.org](http://changeGrowLive.org)

## Bromley, Lewisham and Greenwich Mind

Help for anyone struggling with their mental health, or supporting someone who is.



01689 811222



[blgmind.org.uk](http://blgmind.org.uk)

## Bromley Well

Support for young carers aged 4 to 19 to help the children manage caring relationships whilst enjoying their childhood.



0808 278 7898



[bromleywell.org.uk](http://bromleywell.org.uk)

## Bromley Y

Emotional wellbeing and mental health support for children and families by enabling change, fostering resilience and helping them build healthy relationships.



020 8461 7630



[bromley-y.org](http://bromley-y.org)

## Clarion Housing Group

The UK's largest housing association, owning and managing a significant number of homes across the borough.



0300 500 8000



[myclarionhousing.com](http://myclarionhousing.com)

## Home-Start Bromley

Help for families with at least one child under five years of age through a team of trained volunteers who provide practical and non-judgmental support for families.



020 3665 9860



[home-startbromley.org.uk](http://home-startbromley.org.uk)

## Information, Advice and Support Service (IASS)

Free, impartial, confidential information, advice and support about special educational needs and disabilities (SEND) for children and young people up to age 25, and their parents and carers.



020 8461 7630



[bromleyiass.org.uk](http://bromleyiass.org.uk)

## Relate (Bromley)

Confidential counselling for couples and individuals with relationship problems or difficulties



0300 003 3225



[relate.org.uk](http://relate.org.uk)

## Sexual Health Bromley

A free, non-judgmental contraception and reproductive health service for men and women of all ages (including under 16).



0300 330 5777



[sexualhealthbromley.co.uk](http://sexualhealthbromley.co.uk)

## Talk Together Bromley

A free NHS evidence-based talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression.



0300 003 3000



[talktogetherbromley.co.uk](http://talktogetherbromley.co.uk)