



Changes
Young People's Drug
and Alcohol Service
Bromley

Useful Resources

Mental Health

	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.	https://www.papyrus-uk.org/ Chat available on website Call: 0800 068 4141 Text: 88247 Email: pat@papyrus-uk.org 24 Hours, 7 days a week (Weekends and Bank Holidays included)
	Bromley Y is a long-established local charity offering mental health and emotional wellbeing advice and support to children and young people. Bromley Y is not a crisis service	https://bromley-y.org/ 17 Ethelbert Road, Bromley, BR1 1JA 020 3770 8848 9am-5pm Mon-Friday Closed Bank Holidays & Sundays
	A judgement-free forum to get advice, help others and share your story	https://www.kooth.com/ Download the app Follow on TikTok and Instagram
	Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, our guides can help. If you need help speaking to someone, start with our guide to reaching out for help.	https://www.youngminds.org.uk/young-person/

	Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.	https://giveusashout.org/ Text 'SHOUT' to 85258
	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year	https://www.samaritans.org/ 116 123 Call any time, day or night

Family Stuff

	Alateen meetings are for 12-17 year olds inclusive. We believe alcoholism is a family disease that affects everyone in the family.	https://al-anonuk.org.uk/alateen/ 020 7593 2070 Monday-Friday, 10am-5pm
	Providing information, advice and support for everyone affected by a parent's drinking	https://nacoda.org.uk/ Chat function available on the website helpline@Nacoda.org.uk 0800 358 3456 Free helpline
Bromley & Croydon 	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.	https://bcwa.org.uk/ 020 8313 9303
	Support for young carers aged 4 to 19 to help manage caring relationships whilst enjoying their childhood.	0808 278 7898 Young carers - Bromley Well

Life Stuff

	Childline is a free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.	Call free on: 0800 1111
	Get advice about sex, relationships, drugs, mental health, money & jobs	https://www.themix.org.uk/ Discussion boards, chat group and access to counselling 0808 808 4994
	Bromley Youth Support Programme (BYSP) brings together different services for young people. If you want something to do or need extra help then the programme can help you.	https://www.bromley.gov.uk/youthsupport Details of youth hubs and drop-in times online 020 8466 3080

Health Stuff

 Changes Young People's Drug and Alcohol Service Bromley	We are here to talk, listen and advise. We don't judge, make you stop using, or tell you what to do. Our service is for anyone in Bromley aged up to 18 who is thinking about taking drugs or is already using drugs. You don't have to be dependent on substances to want a bit of advice, and you don't have to be ready to give up to start talking to us. We can work with you at school, visit you in your local community, walk and talk, or offer support over the phone.	Bromley Changes Young People's Drug & Alcohol Services Change Grow Live Making a referral - Bromley Changes Young People's Drug and Alcohol Services Change Grow Live
	A free, non-judgmental contraception, sexual and reproductive health service for men and women of all ages (including under 16).	https://www.sexualhealthbromley.co.uk/young-people 01689 866622
	Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol.	https://www.talktofrank.com/ Chat online 2pm-6pm, 7 days a week 0300 123 6600 24 hours a day, 7 days a week. Text 82111 Text a question and FRANK will text you back.



Eating disorders can affect anyone at anytime. If you think you - or somebody you know - might be struggling with an eating disorder we are here for you.

<https://www.beateatingdisorders.org.uk/>

Online chat and resources available online

0808 801 0677

help@beateatingdisorders.org.uk