



Changes
Young People's Drug
and Alcohol Service
Bromley

Useful Resources For Family & Carers

Drugs & Alcohol

 Change Grow Live	Advice, guidance and resources for any experiencing or affected by drug and alcohol use – including talking to someone about their substance use and making a referral for support.	https://www.changegrowlive.org/ Live webchat available online
	Al-Anon Family Groups is there for anyone whose life is or has been affected by someone else's drinking.	https://al-anonuk.org.uk/ 0800 0086 811 10am-10pm, 365 days a year helpline@al-anonuk.org.uk
	Lots of great resources to help you whilst you're supporting your children.	https://www.youngminds.org.uk/parent/
	A safe space for people impacted by a loved one's harmful use of alcohol, drugs or gambling. We listen, understand and support.	https://addictionfamilysupport.org.uk/ 0300 888 3853 Monday-Thursday 9am - 9pm Friday 9am - 5pm Saturday 9am - 1pm Sunday 5pm - 9pm

 Adfam	We are here for all the millions of people affected by someone else's drinking or drug use. These people are children, parents, friends, partners, siblings and grandparents.	https://adfam.org.uk/
	If you are worried about your solvent abuse or someone else's – we're here to help. Please get in touch.	https://www.re-solv.org/ Live chat function on website Call: 01785 817885 Monday – Friday, 10am – 4pm, except bank holidays Text/WhatsApp: 07496 959930 Email: info@re-solv.org

Parenting Support

	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.	https://home-startbromley.org.uk/ Contact form on website 07951156467 or 07516243714 admin@home-startbromley.org.uk Visit Community House in Bromley town centre
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 Bromley Brighter Beginnings	Distribution of prams, clothes, highchairs, nappies and toiletries to families in need living.	https://bromleybrighterbeginnings.org.uk/ You can be referred to the service by a professional in your support network
	The Bromley Children Project (BCP) is a borough wide service that supports families living in Bromley to create a safe, secure and happy environment for all children, by reaching out to expectant parents, current parents/carers and young people aged up to 18 years; particularly those who are struggling and are in need of additional help.	https://www.bromley.gov.uk/bromleychildrenproject 020 8461 7259 9:30am-4:30pm, Monday to Friday Register on the website to access their Children & Family Centres
	A range of services within one team, as well as linking with other agencies such as Health Visitors, which makes it easier for families to be supported by the right people as early as possible.	https://bromleyparentinghub.info/who-to-talk-to/earlyhelp/ 020 8461 7373 / 020 8461 7379 8:30am-5pm Monday to Friday 0300 303 8671 Out of hours, weekends and public holidays.

Health

Bromley 0 to 19 Public Health Service	Offers tailored guidance and support to families and partner services who work with children and young people, through Health Visitors, School Nurses and the Family Nurse Partnership.	https://www.bromley0to19.co.uk/ 0300 330 5777 bromh.bromley0to19@nhs.net
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Relationships

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
	Confidential counselling for couples and individuals with relationship problems or difficulties.	https://www.relate.org.uk/ 0300 003 3225
	Mankind provides a confidential helpline for male victims of domestic abuse as well as their family and friends. Mankind offers information, support and signposting men experiencing domestic abuse from their current or former partner.	https://mankind.org.uk/ 0808 800 1170 Confidential helpline 10am-4pm, Monday to Friday (excluding bank holidays) HELPLINE 01823 334 244 (for those with inclusive minutes)

Mental Health

 The logo for South East London Mind, featuring the text "South East London" in blue and "Mind" in a stylized blue script font.	Help for anyone struggling with their mental health or supporting someone who is.	https://selmind.org.uk/ 020 3328 0365
 The logo for Talk together Bromley, featuring three stylized blue speech bubbles and the text "Talk together Bromley" in blue.	A free NHS talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression.	https://bromleytalkingtherapies.nhs.uk/ 0300 003 3000 Refer yourself via the website