

Carers Bromley

Who do your children turn to when you are misusing?

If your use of alcohol or substances is causing concern, Carers Bromley can support your family.

Carers Bromley Young Carers Service can offer:

- Information
- One to one support
- Respite outings and short breaks
- Young carers activities
- Newsletters
- Health sessions
- Young carers forum
- Freephone helpline

Please contact Carers Bromley
FREEPHONE 0800 015 7700 or 01689 898289
Email shirley.pays@carersbromley.org.uk or
www.carersbromley.org.uk

