

## Table of useful resources in Bromley for signposting

Issue identified/information required	Resources available
<i>Significant concerns about a child</i>	0208 461 7309 (MASH)
<i>Significant concerns about a child/young person's mental health</i>	CAMHS: 0208 315 4430

### Health concerns and information related to the Covid-19 outbreak

FAQs regarding what you can and cannot do during the outbreak	<a href="https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do">https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do</a>
Covid-19 suspected or symptoms	<a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>
General health concerns	Call 111/Accident & Emergency/GP
Self-isolation due to current situation and guidelines	Vulnerable member of the household registered: <a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a>

### Access to essentials

Unable to get food, medications or other essential items	<a href="https://www.bromley.gov.uk/requestforassistanceform">https://www.bromley.gov.uk/requestforassistanceform</a>
Unable to get food	Bromley Borough Food Bank has a number of centres within the local area. Phone: 07401225827 / Email: <a href="mailto:info@bromleyborough.foodbank.org.uk">info@bromleyborough.foodbank.org.uk</a>
Unable to get food, medications or other essential items (urgent)	Call 0208 313 4484 for the <b>LBB support line</b> for individuals needing urgent support to get their essentials

## Needing support or assistance

Domestic violence/abuse - emergency	Domestic violence support – in an emergency call 999
Domestic violence/abuse - Men	Men's Life Advice - 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support. Men can email <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a> .
Domestic violence/abuse - Women	<p>*Bromley commissions Bromley and Croydon Women's Aid to provide a range of support including the One Stop Shop, Outreach Support (IDVSA), Adult Support Programmes 'Freedom', and Refuges. You can contact BCWA on 020 8313 9303 (Mon-Fri 9-4:30pm), or via their website <a href="http://www.bcwa.org.uk">www.bcwa.org.uk</a> or by email <a href="mailto:info@bcwa.org.uk">info@bcwa.org.uk</a>. BCWA also have a Facebook page you can access for support and signposting.</p> <p>*The Freephone National Domestic Abuse Helpline: 0808 2000 247 for free at any time, day or night.</p> <p>*Women can email Women's Aid on <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a>.</p>
Children and Family centres	<p>The Bromley Children Project's 6 Children and Family Centres are closed but responding to telephone and email enquires - advice and guidance on range of issues e.g. parenting, housing, practicalities and other signposting. The Bromley Children Project is still;</p> <ul style="list-style-type: none"> <li>o issuing foodbank vouchers to known families through each Children and Family Centre – virtual service</li> <li>o staffing a Parent Helpline via each Children and Family Centre Team Manager</li> <li>o issuing Health Start Vitamins (doorstop delivery) through each Children and Family Centre ...</li> <li>o issuing Learn and Play packs to known 'vulnerable' families with children aged 0-5 (doorstop delivery) through each Children and Family Centre</li> </ul> <p>Bromley Children Project is using Facebook and Instagram to post regular updates and provide information to families; search 'The Bromley Children Project'</p>
Supporting resources for working from home	<a href="https://mhfaengland.org/remote-working-resources/everyone/">https://mhfaengland.org/remote-working-resources/everyone/</a>
Parenting support	Parenting Support: Bromley Children Project – 020 8461 7259
Family Contact Centres	<p>2 Family Contact Centres closed but responding to telephone enquiries</p> <p>Pre-booked Family Support work continuing, virtually. Bromley Children Project is contactable on Facebook: 'The Bromley Children Project'</p>

## Education/SEND

Need educational provision to be put in place for child/young person during this time (parent is key worker, child has a social worker or EHCP/is vulnerable). <b>There is an educational placement request e-form through this link to complete.</b>	<a href="https://www.bromley.gov.uk/info/200086/schools_and_colleges">https://www.bromley.gov.uk/info/200086/schools_and_colleges</a>
Need information advice or guidance about your child's SEND needs	The Information Advice and Support Service is open as usual, but running a virtual service. The helpline is contactable via email <a href="mailto:iass@bromley.gov.uk">iass@bromley.gov.uk</a> or you can dial 020 8461 7630
Autism - reducing social isolation	CASPA Autism Online- public facebook and twitter pages where Zoom catch ups/film watching can be organised
Resources and tips available re. coronavirus for families and individuals with autism	National Autistic Society – <a href="http://www.autism.org.uk">www.autism.org.uk</a>
Resources and tips available re. coronavirus for families and individuals with learning disabilities	Mencap - <a href="http://www.mencap.org.uk">www.mencap.org.uk</a> , including autism family support service: <a href="mailto:autismfamilysupport@bromleymencap.org">autismfamilysupport@bromleymencap.org</a> / 020 8466 0790
Resources and tips available re. coronavirus for learning and thinking differences (ADHD)	ADHD – <a href="http://www.understood.org">www.understood.org</a>
Don't know where to look for information	Bromley.gov.uk website for SEND <a href="http://bromley.gov.uk/localoffer">bromley.gov.uk/localoffer</a>
Need support with finding home learning/resources	<a href="http://bromleyeducationmatters.uk/Services/5594">http://bromleyeducationmatters.uk/Services/5594</a>

## Substance & Alcohol Misuse

Alcohol/Substance Misuse for adults	Bromley changes (Drug and Alcohol Service): <a href="https://www.changegrowlive.org/bromley-drug-alcohol-service/london-road/">https://www.changegrowlive.org/bromley-drug-alcohol-service/london-road/</a> / 020 8289 1999 <a href="http://www.Talktofrank.com">www.Talktofrank.com</a> / 0300 1236600
Alcohol/Substance Misuse for young people	Bromley Changes: 020 8289 1999 from 10:00 – 14:00 on weekdays. Outside of those hours and at the weekend, ring us on 07738 802 713. You can also email <a href="mailto:referrals.bromley@cgl.org">referrals.bromley@cgl.org</a> if you need help or support.

## Mental Health

Supporting adult wellbeing	Practical advice for staying at home; taking care of your mental health and wellbeing; support for work, benefits and housing; and a checklist for staying at home from Mind: <a href="https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse71ea9">https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse71ea9</a>
Family/young person show signs of mental health issues	Bromley Well open to families for support: 020 8770 8848
Mental health support (11-19 year olds)	Online mental health support for 11-19 year olds – <a href="http://www.kooth.com">www.kooth.com</a>
Needing someone to talk to/mental health	The Samaritans – call 116 123 or email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (24 hour response time)
Mental health support for children and young people 14-25	Young Minds – <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> (parent helpline: 0808 802 5544 from Monday to Friday, 9.30am to 4pm). Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <a href="https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/">https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/</a>
Boredom/reducing feeling of social isolation	Bromley Library are hosting story-telling sessions via video on Facebook: <a href="https://www.facebook.com/pg/BromleyLibraries/videos/?ref=page_internal">https://www.facebook.com/pg/BromleyLibraries/videos/?ref=page_internal</a>
Difficulty in talking to children about the current situation	Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing (different languages) <a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
Adult carer needing support	Bromley Well Adult Carers – <a href="http://www.bromleywell.org.uk">www.bromleywell.org.uk</a> & Carers UK - Guidance for carers: <a href="https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19">https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19</a>
Young carer needing support	Bromley Well Young Carers – <a href="mailto:youngcarers@bromleywell.org.uk">youngcarers@bromleywell.org.uk</a> email open for enquiries

### Financial advice

Loss of earnings - guidance on eligibility of support for those who are self-employed, self-isolating or furloughed	<a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>
General advice available on most topics, including finances	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Debt advice	Step Change, advice on dealing with debt – <a href="http://www.stepchange.org">www.stepchange.org</a>
General money advice	<a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a> or 0300 500 5000
Debt - advisors available to consult and support	National Debtline – <a href="http://www.nationaldebtline.co.uk">www.nationaldebtline.co.uk</a> 0808 808 4000