

Bromley Y



Bromley Y is a long-established local charity offering free therapeutic support to young people between the ages of 0 – 18 years.

The charity aims to provide a safe, friendly environment for children, young people and their families to explore the difficulties that they may be experiencing, helping them to identify new ways forward. They also aim to provide the highest quality, non-discriminatory service for young people and their families who live in Bromley or who are registered with a Bromley GP surgery.

Bromley Y are a CYP IAPT compliant service; this means that they use evidence-based therapies to work collaboratively with children and young people.

Bromley Y hosts the **Community Wellbeing Service**, a single point of access service for children and young people's emotional and mental wellbeing in the borough. Children and Young People are referred in, their difficulties are screened, and it is then decided how best they can support the young person and their family.

Some comments on the service:

“Bromley Y has done a lot for me. It's a friendly unbiased environment that gives me time to relax and talk my problems through.”

“I never thought that talking to someone could help so much.”

“Bromley Y is very welcoming every time we come, people welcome us at the door and you get a drink so it is a pleasant experience and I think the most important thing is that he is happy.”

“see someone who doesn't judge me and who makes me look at my problems from a different perspective.”

To learn more about this charity visit their [website](#)