



We understand that this is a challenging time for staff in Bromley Care Homes. If you would like to speak to someone or require psychological support please call **0300 003 3000** or refer yourself to Talk Together Bromley via our website: [talktogetherbromley.co.uk](https://talktogetherbromley.co.uk)

We offer a wide range of psychological interventions and therapies and support online, over the telephone and via video-calls. You can speak with a therapist to discuss the most appropriate support to help you cope with your current difficulties and ensure you receive the help that you need.

**For self-help tips and advice on coping with coronavirus (COVID-19) [click here.](#)**