

# WHERE CAN I SIGNPOST NON URGENT REFERRALS FOR SUPPORT?

**For Young People Age 11+ With Low Level Anxiety & Low Mood:**

- ❖ [Bromley Y Website Self-Help Pages](#)
- ❖ [Kooth](#)
- ❖ [Young Minds](#)
- ❖ [Anna Freud National Centre For Children & Families](#)
- ❖ [The Mix](#)

**For Parents of Children of All Ages:**

- ❖ [Bromley Y Website Self-Help Pages](#)
- ❖ [Anna Freud National Centre For Children & Families](#)
- ❖ Mind Ed
- ❖ [Young Minds](#)
- ❖ [Qwell](#) (Adult Mental Health Service run by same people as Kooth)

**For Children with Social Communication Difficulties & ADHD:**

- ❖ [Bromley Children Project](#)
- ❖ [Bromley Mencap](#)
- ❖ [CASPA](#)
- ❖ [Community Paediatricians](#) – Phoenix Centre (referrals can be made by GPs & Schools)

