



BROMLEY Y
Building Strengths

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THE SIGNPOST

Text support for 11-18 year olds



Stressed?

Worried?

Feeling
low?

Problems with
friends or family?

When you are struggling with something, it can be difficult to know which way to turn for help.

The Signpost offers emotional health support and will help you think about what options are available.



Text: 07480 635 025

Texts are monitored Monday-Friday, 9-5 (excluding Bank Holidays)



bromley-y.org



@bromley_y_



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@bromleywellbeing