



If you are an adult with a Bromley GP, you can refer yourself or someone you care for to these local NHS services:

- Bladder and Bowel
- Dietitians
- Podiatry
- Special Care Dental*
- Speech and Language Therapy
- Bromley Talking Therapies

How to refer yourself

Call 0300 330 5777 or email

bromh.bromleyhealthcarereferrals@nhs.net

Please tell us:

- which service you would like to refer to and why
- your name, date of birth and a contact number

***This service is for housebound patients only**

Visit [bromleyhealthcare.co.uk/self-refer](https://www.bromleyhealthcare.co.uk/self-refer) to find out more.