Elysium Healthcare

Bromley Road

84-86 Bromley Road,
Catford, London SE6 2UR

T: 020 8695 6051
E: bromleyroad@elysiumhealthcare.co.uk

Bromley Road is a Level 2 rehabilitation inpatient service dedicated to supporting women with mental problems and a history of substance misuse and/or trauma. We work collaboratively with patients to provide individualised rehabilitation at a level and pace suitable for their needs in a safe and supportive environment with full Multidisciplinary Team (MDT) input.

Our surroundings

The service is strategically located in Catford, London, providing an ideal environment for rehabilitation that balances therapeutic support with community integration. The proximity to local shops, cafés, and leisure facilities offers our patients valuable opportunities to engage with the community as an integral part of their recovery.

Service at a glance:

- **Level 2** service
- **25** beds total
- Service for **women**
- Age **18** and over

Who we support

We support women

- Age 18 years and over
- Detained under the Mental Health Act 1983 (amended 2007)
- Primary diagnosis of severe and enduring mental illness
- Typical diagnoses include Schizophrenia including treatment resistant, Schizoaffective Disorder and Depression
- Co-morbidities such as complicated alcohol, drugs and substance misuse, behavioural disorders, and autism
- May present with limited potential to engage in treatment but would benefit from a rehabilitation setting to maintain functioning and quality of life.
- Aiming for a full and final discharge from hospital into the community
- History of trauma
- May have a forensic history and/or be stepping down from secure services
- May have a history of repeated acute admissions
- May be stepping up from failed community placements

What we do

The service boasts a well-established Multidisciplinary Team (MDT) some dual trained mental health professionals providing a person-centred integrated approach.

What support we offer

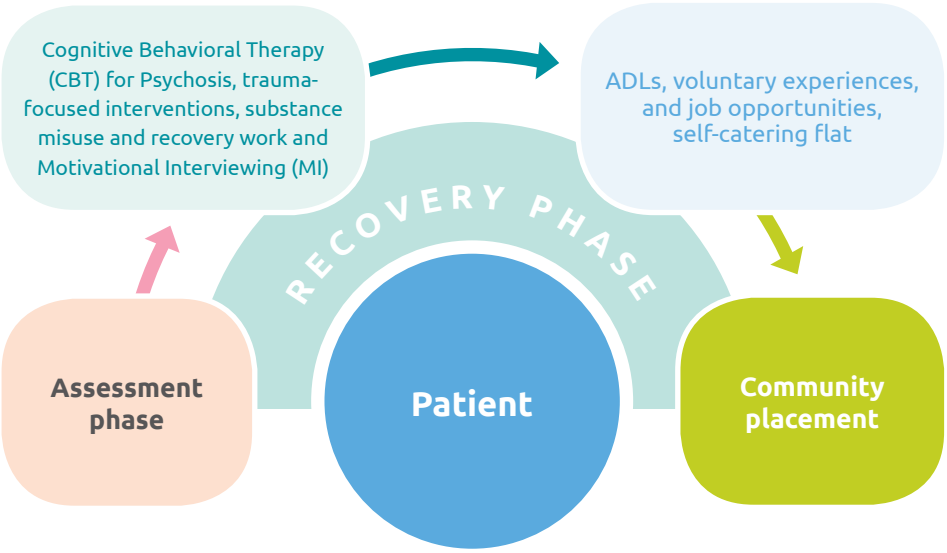
The MDT employs person-centred evidence-based approaches including positive behavioural support, risk reduction strategies, and coping mechanism development. They utilise Cognitive Behavioural Therapy (CBT) and Motivational Interviewing (MI) techniques to build resilience, restore confidence, and prepare patients for a successful return to independent living.

Enabling individuals to reach full potential

The MDT work collaboratively with the patient to develop individualised treatment and care plans to meet their complex needs. Shared decision-making is supported to ensure the patient's goals are at the centre of their treatment. The highly skilled team offer evidence-based approaches such as Cognitive Behavioural Therapy (CBT) for Psychosis, trauma-focused interventions, substance misuse and recovery work and Motivational Interviewing (MI).

Patients have access to a wealth of community projects, including peer support initiatives, recovery colleges, music programmes, art networks, and volunteer work opportunities. This rich tapestry of community resources plays a vital role in the patients' rehabilitation, fostering personal growth, social connections, and practical skills essential for their ongoing recovery and reintegration into society.

Patient-focused model of care



How to make a referral:

24h referral line
0800 218 2398

Send an email to:
referrals@elysiumhealthcare.co.uk

To view our video tour, please visit
elysiumhealthcare.co.uk

This information is available in different languages, Braille, Easy Read and BSL on request

Images used are of similar services at Elysium and are intended as a guide.

Elysium Healthcare

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