

Stronger together



The chance to connect with like-minded people who have walked in your shoes.

Walking With You is a parent led support group for anyone supporting children and young people, up to the age of 25, experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHs** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams. you can join or leave as any point (meetings are not recorded).

Our next three sessions are:

Friday April 29th 10-11.30

Parental support on managing self-harm

Friday May 27th 10-11.30

Safe use of social media

Friday June 24th 10-11.30

The impact of mental health difficulties on the family

If you would like to join our session/s or would like further information, please contact:

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Please also confirm your consent to use your e-mail address.