

DO YOU HAVE A CHILD AGED 8-17 WHO IS STRUGGLING WITH THEIR MENTAL HEALTH?

Anxiety, depression, self-harm and other mental health struggles are on the rise in children, particularly following the Covid-19 Pandemic.

As parents, we can be left feeling overwhelmed and helpless, not knowing where to turn for help.

THIS GROUP AIMS TO SUPPORT YOU TO:

- Meet other parents who understand your situation for mutual support.
- Learn strategies to help you support your child, with no judgement!
- Help you to prioritise your own well-being as a parent.

WHEN? Find out more at our **Information Session** for parents at 1pm on Tues 2nd or 7pm on Wed 3rd June 2026.

WHERE? We're holding it on Zoom and you'll get the link when you register for our Information Session below.

To attend register at www.calendly.com/ymhf/information-session-zoom



For more information contact:

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