



COVID-19 Update

CALL OUT to all parents/carers supporting a child or young person with any kind of emotional or mental health problem?

Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions • and more

YOU ARE NOT ON YOUR OWN

We are still here to help; if you need emotional/practical support or just someone to talk too please contact:

Parent Reps: Claire – 07908452426

Rebecca – 07950784015

CAMHS/CPS: Wendy - 01524550650

You are welcome to join our fortnightly virtual drop-ins Tuesday's 11-12pm. Email Claire chats_123@yahoo.com for an invite.