



COVID-19 Update Summer 2021

CALL OUT to all Lancaster and Morecambe 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 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 virtual drop-in last Wednesday of the month 7pm-8.30pm Email Claire chats_123@yahoo.com for a zoom invite.

2nd Thursday of the month 10am-12.00pm, Face to Face @ More Music ,13-17 Devonshire Rd Morecambe LA3 1QT.