

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 7pm on Tues 13th or 1pm on Wed 14th January 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:

Joel Sutton (YMHF) on 0300 302 0285

or email joel@youthmentalhealthfoundation.org