

Self Harm Parents and Carers Networks Book now!

Join other parents and carers across your area in a free on-line Zoom workshop to support you and your family.

Facilitated by West Sussex Mind, YMCA Downslink Group and supported by Allsorts Youth Project, you will be able to talk with other parents and carers to hear what is working for them, discuss your support needs, hear from guest speakers and get updates on the latest initiatives, research, resources and policies.

You will be able to improve your understanding and skills to prevent and respond to self-harm and increase your confidence in having conversations with your child and school.

All parents and carers of children and young people are welcome to attend.

East Sussex Parents and Carers Self Harm Network	Thursday 7th October	6pm to 8pm
West Sussex Parents and Carers Self Harm Network	Wednesday 3rd November	6pm to 8pm
Brighton and Hove Parents and Carers Self Harm Network	Wednesday 1st December	6pm to 8pm

Autumn 21 Networks

Hear about

What is self-harm - self harm within the broader context of mental health - the stressors of 'Holding Risk' and the emotional impact of self harm or disclosure - support from Allsorts Youth Project

Talk about

Support in your area - what matters to you

Share

Resources - experiences - support others

Take away

Tips and techniques - E-wellbeing resources from YMCA

How do I book my place?

Please book a ticket via the West Sussex Mind Eventbrite page at www.westsussexmind.eventbrite.com or scan the QR code. All personal details and conversations will be kept private, but if you are not able to attend on the day, the information part of the network event will be recorded and made available afterwards, so book your place now to ensure that you receive the link.

If you have any questions, please contact the West Sussex Mind Training Team on 07468 516818 or email training@westsussexmind.org.

