

# Self Harm Parents and Carers Networks Book now!

Join other parents and carers 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.

**Parents and Carers Self  
Harm Network**

**Wednesday 3rd November**

**6pm to 8pm**

**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](http://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](mailto:training@westsussexmind.org).

