

WORRIED ABOUT A YOUNG PERSON'S MENTAL HEALTH?

WORKSHOPS FOR ANYONE
WHO LIVES WITH YOUNG
PEOPLE AND WANTS TO HELP
THEM IMPROVE THEIR
MENTAL WELLBEING.

Empowering parents, guardians and carers in North Yorkshire to feel more confident and skilled in supporting mental health concerns. Six workshops will include:

- Suicide prevention awareness.
- Strategies for supporting individual needs.
- Information on accessing and navigating mental health systems.

All workshops will be tailored around needs of parents, guardians or carers. **Turn over for dates and referral details.**

Delivered in partnership by:



face to face workshops will be held;

- In Harrogate on Thursday Evenings on October 6, 13, 20 and November 3, 10, 17.
- In Thirsk on: Tuesday Evenings November 8, 15, 22 November and January 10, 17, 24.

Online workshops will be held:

- Zoom-based in January 2023 TBC

Accessing the workshops:

Referrals can be made via your CAMHS, Crisis CAMHS, or Early Help Worker.

Young people's wellbeing support group:

During the Harrogate and Thirsk workshops, we will also be providing a wellbeing support group for the young people of those attending.

This will provide an informal environment with a range of activities, based at a nearby location.

Further information will be given on referral.

Funded by the



Humber and North Yorkshire
Health and Care Partnership

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