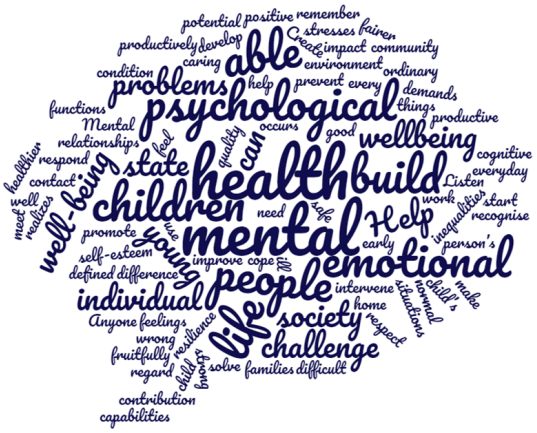
Mental Health Awareness for Parents & Carers



The sessions aim to help parents and carers to:

- Identify emotional distress
- Know where, and how, to signpost children and young people if you, or they, have a concern
- Learn practical strategies to help with listening to, and supporting, children and young people
- Develop your understanding of the wide range of factors and variables that can impact on children and young people's mental health
- Feel more confident and less fearful having 'the conversation' with your child or young person
- The sessions primarily consider the mental health of adolescents and young adults.
- The sessions are 1.5 hours long and combine presentation and group work, allowing parents and carers the opportunity to speak with other parents and carers about young people's mental health.

Session Dates:

- Wednesday 27th January 5.30 - 7.00 p.m.
- Wednesday 3rd February 5.30 - 7.00 p.m.
- Wednesday 10th February 5.30 - 7.00 p.m.
- Wednesday 3rd March 5.30 - 7.00 p.m.
- Wednesday 17th March 5.30 - 7.00 p.m.
- Wednesday 24th March 5.30 - 7.00 p.m.

The sessions can be booked via Eventbrite and all available sessions are listed on the Oxfordshire Youth website - https://oxfordshireyouth.org/events/

The sessions are free of charge to Oxfordshire residents; when booking use the first part of your postcode to access the free sessions.

For further information contact:

Hayley Reynolds – 07718 476072 / hayley.reynolds@oxfordshireyouth.org