

Do you support someone experiencing

Anxiety

Depression

Self-harm

An eating disorder

Another mental health condition?

Please join our parent and carers online support group, run by parents who have, or are, caring for someone with a mental health issue.



WE WILL LISTEN WITHOUT JUDGMENT AND OFFER CONFIDENTIAL SUPPORT. THE AIM OF THE GROUP IS TO:

1

Offer
Support

2

Learn from
others

3

Share ideas
and
information

**FIRST MEETING:
TUESDAY 22ND JUNE:
7.00pm - 8.00pm**

PLEASE REGISTER [HERE](#) IN THE FIRST INSTANCE
OR EMAIL RACHEL.WARD@TKAT.ORG
FOR MORE INFORMATION.