



## **Mind and Body - Parent / Carer Information Sessions**

Dear Parent/Carer,

Mind and Body recognise that parents/carers are often left with questions around mental health and may feel unsure how to deal with certain situations. With that in mind, we would like to offer you the opportunity to attend a free online session - 'Supporting Young People who Self-Harm: Information for Parents/Carers.' If you would like to attend then please find further information and book your place by following this link: **[Book a Place.](#)**

The aim of our support is to increase your confidence in these areas, as well as providing an opportunity to explore strategies to best support a young person. In the meantime, here is the link to our **[Mind and Body in Kent](#)** website where you can find further information, as well as specific advice around self-harm for parents/carers which can be accessed **[here.](#)**

If you have any queries with regards the above or require further information then please do not hesitate to contact our office on 01795 500882 or at **[MABadmin@wearewithyou.org.uk](mailto:MABadmin@wearewithyou.org.uk)**.

We look forward to hearing from you soon.

*The Mind and Body Team*