

WORRIED ABOUT YOUR CHILD OR TEEN'S MENTAL HEALTH?

**FREE 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. Workshops - held in
Harrogate and Thirsk - 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. Plus wellbeing support group for young people.

Accessing the workshops:

Parents, guardians and carers can refer themselves. via Just 'B'.

T: (01423) 856 790

E: justbCYP@justb.org.uk

Referrals can also be made via CAMHS, Crisis CAMHS, Early Help Workers and other relevant professional bodies.

Delivered in partnership by:



Funded by:



**Humber and North
Yorkshire**

Health and Care Partnership

North Yorkshire Hospice Care is a registered charity in England and Wales (518905) with a family of services operating as Herriot Hospice Homecare, Just 'B', Saint Michael's Hospice and Talking Spaces. North Yorkshire Hospice Care is a company limited by guarantee, registered in England and Wales (2121179). Registered address Crimple House, Hornbeam Park Avenue, Harrogate, HG2 8NA.