

Parent/Carer Support Session

Is your child or young person receiving support or on a waiting list for a HPFT CAMHS* or STEP 2 mental health service?

This session will provide guidance on how parents/carers can support their own emotional wellbeing. Learn more about:

- The importance of self-care
- Normalising thoughts and feelings
- Communication with young people
- Information and ongoing support

Where: Online over Zoom.

When: Tuesday 4th February, 7pm to 9pm

* Hertfordshire Partnership University NHS Foundation Trust
Child and Adolescent Mental Health Services

For more information or to book your place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Go online: www.carersinherts.org.uk/events



About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or misuses substances.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers and bereaved carers, who can access support for three years after the death of the person they looked after.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have a team of Carer Engagement Workers who can provide advice and information and also support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage Children and Young People's Mental Health Services (CYPMHS) in Hertfordshire;
- Provide free training and learning opportunities; and
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

