

## HEADS TOGETHER

Information, support and counselling  
for young people aged 14-24

Heads Together  
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### **Supporting Young People with Mental Health and Emotional Wellbeing Issues Free Workshops in Merstham**

At Heads Together we recognise how difficult it can be for parents and carers to support young people who are experiencing emotional difficulties. It can have an impact on the whole family and often leave you feeling helpless, isolated and questioning what you are doing. To meet a clear need, we have developed a programme of parent workshops designed to give parents a better understanding of mental health issues, to introduce strategies for supporting a young person struggling with these issues and to reduce feelings of isolation and foster peer support by encouraging discussion between parents in similar situations.

We are offering four workshops, each focusing on a different mental health issue. Each workshop is 1 hour 45 minutes long and split into two parts:

- In the first hour we provide information and introduce strategies to support a young person experiencing a particular mental health issue.
- In the remaining 45 minutes we facilitate a parent discussion group, giving you a chance to meet other parents in similar situations and support and share experiences with each other. There is no pressure to share information about yourself in the support group – sometimes parents find that just listening to others can be support enough. You are welcome to leave after the information session if you do not wish to attend the group discussion.

Our workshops in this series will take place at Merstham Community Facility Trust, 44 Portland Drive, Merstham, RH1 3HY between 10am – 11.45am. The programme of workshops is as follows:

- Anger – 10am Friday 21<sup>st</sup> April 2017,
- Anxiety –
- 10am Friday 28<sup>th</sup> April 2017
- Depression – 10am Friday 5<sup>th</sup> May 2017
- Self-harm – 10am Friday 12<sup>th</sup> May 2017

Spaces at these workshops are limited; if you would like to attend, or if you have any questions about these workshops, please contact [claire.black@ymcaeast Surrey.org.uk](mailto:claire.black@ymcaeast Surrey.org.uk). Alternatively you can contact the Heads Together office on 01737 378481. The workshops are for parents and carers only and so, unfortunately, we cannot accommodate young people in the sessions.

The workshops are free of charge and open to all parents of children aged 11 or over; your children do not need to be receiving counselling through Heads Together.

