



# THE CLIMB

## PARENTS/CARERS SUPPORT GROUP



For parents/carers who are supporting a child or young person with any kind of emotional or mental health problem to include:

**ANXIETY**  
**LOW MOOD**  
**SELF HARM**

**SLEEP PROBLEMS**  
**SUICIDAL THOUGHTS**  
**EMOTIONAL DIFFICULTIES**



We will be holding monthly meetings for parents/carers to come together to share their experiences, as well as gaining information and support.

The aim of this group is help you feel that you are not alone in this climb to get the help and support your child needs.



Come along and meet parents/carers in similar situations. There will be a fantastic selection of:

### Meeting Dates

**THURSDAY 9:45AM – 12PM**

7th September 23	1st February 24
5th October 23	7th March 24
9th November 23	11th April 24
7th December 23	2nd May 24
11th January 24	6th June 24
	4th July 24

**Practical tips to help you & your child**

**Guest speakers**

**Chance to talk**

**Lots of tea, coffee & biscuits!**



For more information contact Compass Be on



@compassBeMHST

01904 666371

info.barnsleyMHST@COMPASS-UK.ORG

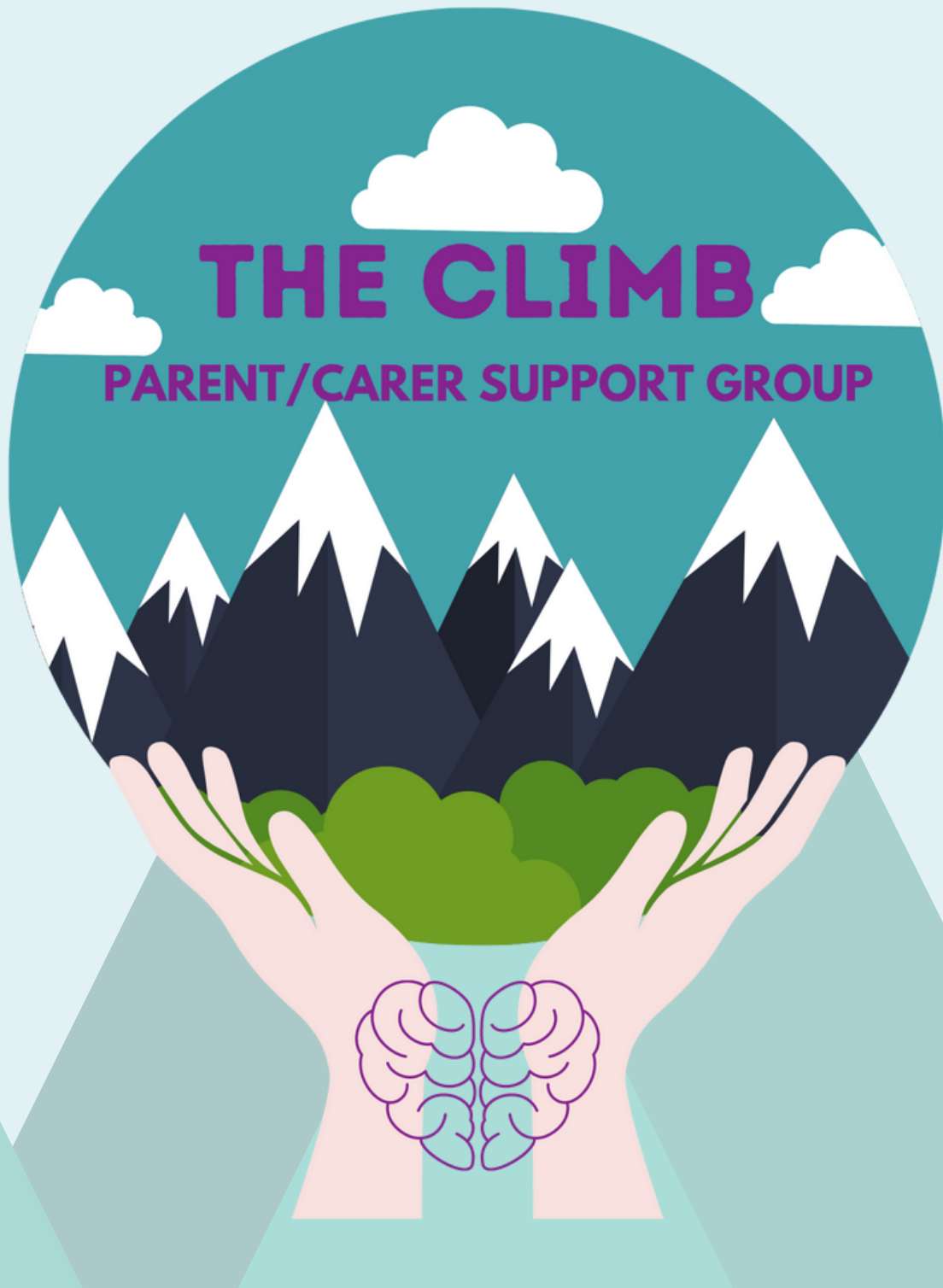
All the meetings will be held at:

**H.O.M.E** Young People's Wellbeing hub  
Helping Our Mental 'ealth

Blucher Street  
Barnsley,  
S70 1AP



**#wewillclimbtogether**



**Providing you with the tools and encouragement for your climb to support your child's mental health needs**



**Providing you with the tools and encouragement for the climb to support your child's mental health needs**

**#wewilltackletheclimbtogether**

