

Please see information below regarding:-

1. A link to the Young Minds Parent/Carer **helpline**
<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
2. Information about a national sibling and young carer project
<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
3. A free course for parents/carers worried about their child's mental health run by Dorset Healthcare's Discovery Project **01202 584478**



1. <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

2. <https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/>

4.

ARE YOU A PARENT OR CARER?

@dorset_young_peers

DO YOU SUPPORT A YOUNG PERSON WITH THEIR MENTAL HEALTH?

@dorset_young_peers

'UNDERSTANDING YOUNG PEOPLE'S MENTAL HEALTH'

A webinar for **parents, carers and supporters** of young people

Dates

- When? **13/06/2022** from 10.30am to 12.00pm
Where? **Online - Enhanced Webinar**
- When? **30/06/2022** from 7.30pm to 9.00pm
Where? **Online - Enhanced Webinar**
- When? **06/07/2022** from 7.30pm to 9.00pm
Where? **Online - Enhanced Webinar**

TO ENROL AND BOOK: CONTACT THE RECOVERY EDUCATION CENTRE VIA **01202 584478**

WEBSITE PHONE

5.