



PARENT/CARER EVENT

SUPPORTING YOUNG PEOPLE WHO SELF HARM

WHEN: Thursday 16th May, 9:30 – 11:00 am

WHERE: Patcham Community Centre

If you have concerns around your child self-harming please come along to this session. This morning for parents/carers is an opportunity to meet with the Primary Mental Health Workers embedded within Varndean, Dorothy Stringer and Patcham Schools.

We will be looking at:

- Why some young people may self-harm.
- Who to speak to in school about concerns.
- Where to seek further external support.
- How you can support your child.
- Where to access support for yourselves.

It is a chance to have an informal chat in a friendly environment, with tea and coffee provided.

WHERE? Patcham Community Centre, Ladies Mile Road, Brighton BN1 8TA

WHEN? 9:30 – 11 AM, Thursday 16th May.

Please email sgoble@patchamhigh.org.uk if you would like to attend.