



## Parent/carer Self-Harm Drop-In

**Date:** Wednesday 12<sup>th</sup> June 2019

**Time:** 3:30-4:30pm

**Location:** Meeting Room, Patcham High School.

If you have concerns around your child self-harming please come along to this session being run by Emma Sharpe (Primary Mental Health Worker) and Roz Jones (School Nurse).

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 discussion about these elements and more with other parents and professionals who work closely with Patcham High School to support students.

Please email [sgoble@patchamhigh.org.uk](mailto:sgoble@patchamhigh.org.uk) to let us know you will be attending.