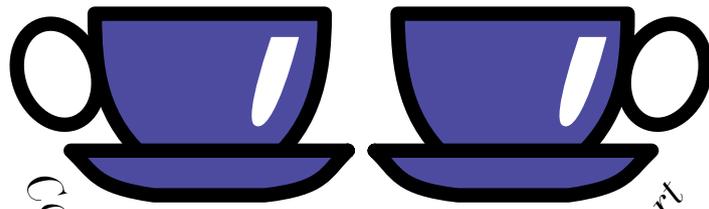


# C·H·A·T·S



*Carers Help Advisory Training Support*

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

- Anxiety • Low Mood • Depression • Self Harm
- Eating Disorders • Sleep Problems • Suicidal Thoughts
- Obsessions and Compulsions • and more

You are not alone! Supporting a child or young person with emotional or mental health issues can be challenging, isolating and sometimes feel like you're riding a real emotional roller coaster!

Come along to the group, meet other parents/carers in similar situations and get support. There will be guest speakers, discussion topics, practical tips for coping and tea & coffee of course!

Meeting every 2nd Tuesday of the month 11am until 1pm.

Email: [chats\\_123@yahoo.com](mailto:chats_123@yahoo.com)

Parent reps: Claire - 07846 332609

Rebecca - 07939 685408

Sue - 07909 584135

CAMHS/CPS: Wendy/Kat - 01524550650

Venue: Brew me Sunshine

12 Victoria Street

Morecambe

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