



## COVID-19 Update

**CALL OUT** to all parents/carers 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 ON YOUR OWN**

**We are still here to help; if you need emotional/practical support or just someone to talk too please contact:**

**Parent Reps: Claire - 07846 332609**

**Rebecca - 07939 685408**

**CAMHS/CPS: Wendy/Kat - 01524550650**

**You are welcome to join our fortnightly Skype drop-ins Tuesday's 11-12pm. Email Claire [chats\\_123@yahoo.com](mailto:chats_123@yahoo.com) for an invite.**