

# Mental Health Peer Support Group

**With all that is going on in the world now it's understandable that people worry.**

If you have concerns that your child's worrying is affecting their day to day lives, then please join us at our next parent and carer peer support group.

The session will take place on Thursday 24th March at 4pm and will have a representative of the Healthy Minds Team in attendance to give some information on how you can support your child.

## **The session will cover things like:**

- Ideas and strategies to supporting your child with their worries and anxieties
- An opportunity to share your stories
- Sharing your own experiences (should you wish to do so)

**The session will be an informal, safe environment to learn and share with other parents across South Tyneside.**

The session will be held virtually over Teams, the link to access is:

[Click here to join the meeting](#)

Should you have any difficulties accessing the link, please contact:

[michelle.olsen@southtyneside.gov.uk](mailto:michelle.olsen@southtyneside.gov.uk).

**Look forward to seeing you there!**