

# Referral option for Schools and Professionals



**Our Parenting Workshops are designed to support parents and carers of children or young people. The workshops are delivered in the evening, virtually via Zoom for easy accessibility.**



## **Understanding Self Harm Parent Workshop includes:**

- Destigmatising self harming behaviour.
- Understanding why a child or young person might self injure.
- How to talk about and manage self harming behaviour.
- Where to go for help and support.
- Access to a Self Harm Safe Kit following the workshop.

## **You and Your Young Person Parent Workshop includes:**

- Discussing signs and symptoms of poor mental health.
- Reflective practice and self care.
- Where to go for help and support.
- Access to a Wellbeing Tool Kit for you and your child or young person.

**To refer a parent or carer onto one of the workshops, please complete this form via the QR code -**



**Or for more information contact:  
training@lancashiremind.org.uk**

 **Mind Lancashire**

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Calls are answered between 10am and 4pm, Monday to Friday. You can leave a message outside of these hours.

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