



Hampshire CAMHS are hosting one-day events focused on parents/carers understanding their own needs and learning strategies to look after themselves as they support a child struggling with their own mental health. The event workshops are co-produced with parents/carers with lived experience. These are great opportunities for parents/carers to have space and time out with others who have lived experience and a chance for some self-care.

From recent events, 100% of attendees said the event had met or exceeded their expectations. They also said:

“So useful to know I am not alone”

“Made me aware of things I can do for myself”

“I would 100% come to another one of these events”

“Lots of useful content, thank you”

The next event is in Winchester on 8 May. The agenda will include:

- managing distress and emotional responses that make situations challenging
- how can we think clearly and avoid becoming overwhelmed?
- how to feel better as a parent in burnout

Book a space via the events page: www.hampshirecamhs.nhs.uk

There is a charge for these sessions.