

INVITATION

WHAT: An inaugural meeting aiming to form a support group for parents/carers of adolescents with mental health illness.

WHY: With insufficient NHS funding for child and adolescent mental health care, there is limited support for the young people, and less for their carers. We must often seek out support ourselves, and should mutually support each-other.

HOW: A St Mary's parent has teamed up with Herefordshire Mind to facilitate this meeting. Mind has the facilities, the resources and the right connections to help us to help ourselves.

WHEN: 08th February 2017, 7.30pm-9pm.

WHERE: Heffernan House
132 Widemarsh Street
Hereford
HR4 9HN
(limited car parking is available at the front of the building)

Please do come along for a chat and a coffee/tea, with any ideas or comments you may have surrounding the formation of this group, and how we can make it work for us.

A quick call or an email to confirm attendance would be greatly appreciated:

Richard.Kelly@Herefordshire-mind.org.uk 01432 271643

Depression

Addiction

Bulimia

Social Phobia

BIPOLAR



Panic Disorder

OCD

Self Harm

Anorexia

Generalised Anxiety Disorder