



COVID-19 Update Autumn 2020

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 – 07908452426
Rebecca – 07950784015
CAMHS/CPS: Wendy – 01524550650**

You are welcome to join our fortnightly virtual drop-ins last Monday of the month 7pm-8.30pm. Email Claire chats_123@yahoo.com for an invite.

Monthly face to face meetings every 3rd Thursday of the month 11-1pm .More Music Devonshire Street Morecambe LA3 1QT. Just drop-in .All welcome.