



Lancashire Positive Minds Parent/Carer Support Group

Anxiety / Obsessions and Compulsions / Depression / Self Harm
Eating Disorders / Psychosis / Suicidal Thoughts / Autism
Low Mood / Attention Deficit Hyperactivity Disorder/
Borderline Personality Disorders / Self Esteem and confidence issues
and more.

You are not alone! Supporting a young person with Mental Health difficulties can be really challenging, isolating, emotionally, physically and mentally exhausting.

Come along to the group, meet with other likeminded Parents/Carers in similar situations and get both peer and professional support in a confidential, safe environment. The Group is very much parent led but professionally supported by Children and Adolescent Mental Health Services (CAMHS) and experienced people who can provide support, advice, guidance, practical tips and strategies, topic discussions and guest speakers all whilst you can have some time for you and have a cup of tea/coffee!

During current Covid Pandemic, face to face meetings have been put on hold.

Leyland Group - First Monday of the month from 6.30 –8.30pm
Preston Group - TBC

Email: Lancashirepositiveminds@gmail.com
Parent Founder: Susie Marsden – 07713 337182
Facebook Closed Group: Lancashire Positive Minds
Twitter: [@Lancashirepositiveminds](https://twitter.com/Lancashirepositiveminds)