

Parent and Carer Information and Support Sessions on

Young People's Emotional Wellbeing and
Mental Health Issues

An opportunity to meet other parents and
supportive professionals in a safe relaxed environment

Self Harm

This session aims to increase understanding about Self Harm and offer some practical ways to help young people who may consider or display self-harming behaviour.

Facilitated by Torin Forest from the Penumbra Edinburgh Self Harm Project. Torin provides information, advice and support to parents and family members of young people who self-harm and has lived experience of self-harm and recovery.

Wednesday 5th June, 6.30-8.30pm
Goodtrees Neighbourhood Centre,
11-15 Moredunvale Place, EH17 7LB



Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email
jillian.hart@edinburgh.gov.uk

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