

Peer Advice to Transform Health & wellbeing

**Are you a parent/carer living in  
Blackburn with Darwen?**

**Are you struggling to cope or  
understand your child's emotional  
or mental health problems?**



**You're invited!**

**Join our drop  
in sessions for**

**Peer support**

**Workshops**

**Meet guest speakers**

**Receive direct support**

**Virtual sessions**



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**The aim of this Parent support group is to help parents, families and carers whose children and young people are experiencing emotional or mental health problems.**

**Anxiety**

**Low mood & depression**

**Self-harm**

**Eating disorders**

**Sleep problems**

**Suicidal thoughts**

**Obsessions/compulsions**



**Our series of parent support groups in the Blackburn with Darwen area will be shaped around your views and comments.**