

Stronger together



The chance to connect with like-minded people who have walked in your shoes.

'Walking With You' is a parent led support group for anyone supporting children and young people experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having mental health professionals from CAMHS on-hand to support and answer any questions you may have.

Our next meetings are this coming **Friday, 22nd May, 11am and 2.30pm.**

The informal sessions are open for any parents and carers with children up to the age of 25 and are currently being ran **via Microsoft Teams**. While both meetings will give you an opportunity to discuss where you are and get support from professionals and the parent supporters, we thought we would give each of the two sessions a slightly different focus. **The 11am meeting will focus on anxiety around isolation, home schooling and returning to school. The 2.30pm will be more about any help or support you need in other areas.**

If you would like to join our session/s **please contact Diane Statham, Patient Experience and Involvement Lead at: diane.statham@oxfordhealth.nhs.uk**

If you are unable to join or meeting/s but would like to receive Walking With You information, please contact the Single Point of Access on 01865 901951 or email: oxfordhealth.bucksCAMHSSPA@nhs.net

