

How To Support

MY TEENAGER WITH...

- Anxiety and Panic Attacks
- Anxiety and OCD Symptoms
- Self-Harm and Suicidal Thoughts
- Negative Body Image
- Questioning Sexuality and Gender
- Staying Safe Online.

A series of 60-90 min interactive workshop's designed to help parents to understand, and know how to support, their teenager's mental health issues.

- Parent funded, school funded and partially funded packages available.
- Discounts given for multiple bookings, please ask for more details

EMILY HAMLET

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In collaboration with

