

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, up to the age of 25, 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.

Currently sessions are being ran by Microsoft Teams. you can join or leave as any point (meetings are not recorded).

Our next three sessions are:

Friday 30th April – 10-11.30

School work engagement, Anxiety, Going back to school, healthy eating

Friday 21st May – 10-11.30

Transitioning – Moving from CAMHS to Adult Mental Health Services, support for parents once a child leaves CAHMS

Friday 25th June – 10-11.30

Eating disorders

If you would like to join our session/s or would like further information, please contact: **Roxy Uritescu, Participation Lead, Barnardo's Bucks CAMHS & Oxford Health NHS Foundation Trust** at: roxy.uritescu@oxfordhealth.nhs.uk

Please also confirm your consent to use your e-mail address.

If you are unable to join our meetings but would like to receive Walking With You information, please contact us at: roxy.uritescu@oxfordhealth.nhs.uk