

## Parent/Carer Workshops July 2021

### Mental Health Champions from Bradford Educational Psychology Team

#### Dear Parents,

At our next round of parent/carers workshops we will be presenting information about where parents/carers might find **additional sources of support** for children/young people in their care who might be experiencing mental health/emotional wellbeing difficulties.

The sessions will be held on following dates:

1. Tuesday 13<sup>th</sup> July 9:30am to 11:00am
2. Tuesday 13<sup>th</sup> July 1:00pm to 2:30pm

To register interest, parents should contact Charlotte McLaughlin on work mobile phone: 07816 089217 or Email: [charlotte.mclaughlan@bradford.gov.uk](mailto:charlotte.mclaughlan@bradford.gov.uk) (before 12 noon please).

*Please note, these are group sessions and we are unable to offer parents or families any individual advice or support via this forum.*

In the meantime, we would like to direct families towards two useful digital resources:

**KOOTH** is the free digital support service for **young people** aged 10-18 in the Bradford area. It is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners. Please visit <https://www.kooth.com> for more details

**QWELL** is a free digital counselling support service for all **adults** living in Bradford. Anyone living in Bradford and aged 19+ can register anonymously by visiting [www.Qwell.io](http://www.Qwell.io) and can access the service 365 days of the year from any internet device.

Both services are commissioned by Bradford Metropolitan District Council and NHS Bradford & Craven CCG.

*(Please note we do not hold any further information on these services and you would need to visit the relevant website for more information).*