

Supporting Your Child



For Parents & Carers:

Learn practical strategies and approaches to support your child.

Access a downloadable support pack full of approaches and activities.

Learn where to go for further support via the downloadable signposting guide.

Access the eLearning anytime and anywhere via PC, smartphone or tablet.



Parent & Carer e-Learning

No Charge & Access Any Time

Optional support pack and signposting are available.

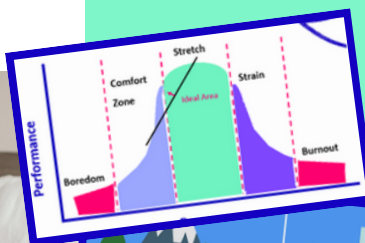


Neuro-Inclusive Mental Wellbeing Training

Aimed at parents and carers of young people who struggle with their mental health and wellbeing.

Young people with specific challenges linked to mental health and neurodiversity / neurodivergence (autism, ADHD, dyslexia etc) are also included in the course. It is neuroaffirming, meaning it does not treat these kinds of differences as only negative.

Includes true lived experience stories from parents, people who struggled with their mental health as children & comments from young people themselves, as well as information from specialists.



Scan the QR code to access





Additional Support

Also available for parents & carers:

Virtual Together Workshops

No cost neurodiversity inclusive mental health and wellbeing workshops, delivered live via Zoom. Current workshops include “You and Your Young Person” which covers how to support your child & yourself with mental wellbeing, and “Understanding Self Harm” which covers responding to self harm as a parent or carer.

Wellbeing Coaching

Young people age 10-25 or their caregivers can access up to 6 (no cost) wellbeing coaching sessions, following a parent/carer having attended a workshop.

Learning objectives

- Improve basic knowledge of neurodiversity
- Understand the importance of mental health
- Learn tools and techniques to support emotional wellbeing and self esteem
- Recognition of the importance of communication and family cohesion

“I feel much more comfortable in having a conversation without saying the wrong thing. I feel validated in how I’m dealing with the current situation.”

Parent feedback
Understanding Self-Harm workshop

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