

PARENT MENTAL HEALTH DAY

25TH JANUARY 2024



Stem4, is a charity that supports young people to build positive mental health, is proud to be the UK founder of Parent Mental Health Day, which started in 2022.

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

Stem 4, are inviting parents and carers to join them in a free webinar focusing on 'creating positive relationships'

This will take place on the 25th January

For More Info:



www.stem4.org.uk/parentmentalhealthday
Or Scan QR code

Scan here



Further Support...



Shout 85258

<https://giveusashout.org/>

A free, confidential, anonymous text support service that can be texted from wherever you are in the UK. If you are struggling to cope and need to talk, trained volunteers are there, day or night

Relate North-East

<https://www.relate.org.uk/get-help>

Relate has blogs, resources, books, and self-help tools for just about every relationship problem out there

Sunderland Mind,

Sunderland Mind is an independent charity run by local people for local people. They provide confidential, high-quality services for individuals, carers and families experiencing emotional or mental health problems and aim to do this in a safe, caring, non-judgmental and supportive environment.

<http://www.sunderlandmind.co.uk/>

Sunderland Carers Centre

Sunderland Carers Centre offers confidential information, advice and support service to carers throughout the City of Sunderland, they offer services that are confidential, non-judgemental and impartial and are the "centre point" of support for all unpaid carers in Sunderland.

Sunderland Carers Centre is an independent voluntary organisation, registered as a charity, and is a Network Partner of Carers Trust.

<http://www.sunderlandcarers.co.uk/about-us/>

Sunderland Counselling Services

Sunderland Counselling Service exists to relieve suffering and distress through the provision of counselling and psychological therapy services, part of the aims of the service are to provide among other outcomes: • Promote and improve mental health and emotional wellbeing for adults. • Provide services which assist in relieving suffering from emotional and / or mental distress. • Promote and improve positive mental health and emotional wellbeing for children and young people.

<http://www.sunderlandcounselling.org.uk/>