

**BOOK!
NOW!****Parent Insight****Supporting a Young Person
(14-17 years) in Mental Health Crisis***Guest*
Speakers**MIND Crisis
Service**

Lucy Foley and Sally Burdenuik

**This session will include information on:**

- Signs and indications of a mental health crisis in young people
- Self harm and suicidal ideation
- Mental Health Crisis myth busting
- De-escalation tips
- When to seek further support including support for parents/legal guardians/care givers
- Referrals available and signposting

Parent Session:**Wednesday 6th December 2023**
9.30-10.30am**Please click on the link below to book your place:**<https://www.eventbrite.com/e/700112825307?aff=oddtcreator>

Click Here

Resources will be shared after the workshop.

Organised by the CBC Early Help Teams**For more information, please contact:****North Early Help:** northeearlyhelp@centralbedfordshire.gov.uk**South Early Help:** southeearlyhelp@centralbedfordshire.gov.ukwww.mind-blmk.org.uk
www.centralbedfordshire.gov.uk