



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services

NHS

East Lancashire Hospitals

NHS Trust

A University Teaching Trust

PARENT SUPPORT GROUP



THIS MONTH'S TOPIC IS
SLEEP



WEDNESDAY 25TH MAY 2022

6PM-7PM VIA MICROSOFT TEAMS

The Mental Health Support Team in Blackburn with Darwen are pleased to offer a Parent Support Group. The group will be a chance to explore topics related to mental health and wellbeing, plus a chance to speak to others. There will be no pressure to participate unless you feel comfortable, and all feedback is welcome.

Please email emma.jackson@elht.nhs.uk to receive a link to the meeting.

Safe | Personal | Effective