



Mind  
Solent

Registered Charity No: 1081116

# Peer Support for Parents and Carers

**Are you currently supporting a child or young person experiencing self-harm?**

Your wellbeing is just as important, and we know this is a difficult subject to talk about. Solent Mind are running online Peer Groups Tuesdays at 12.30pm-1.30pm each fortnight, or Wednesdays 6pm-7pm each fortnight until the end of March 2024, along with bespoke individual 1:1 sessions for advice, guidance and support.

If you are interested in accessing either the groups, 1:1s, or both, please complete a self-referral via our Support Hub at [selfharmssupporthubhants.org.uk](https://selfharmssupporthubhants.org.uk).

We will also be running self-harm awareness sessions looking at how you can support your child or young person, please see below dates for remaining sessions available until the end of the year which can also be booked through the hub.

## January

Tuesday 23, 6-7pm

Tuesday 30, 6-7pm

## February

Tuesday 13, 6-7pm

Tuesday 27, 6-7pm

## March

Tuesday 12, 1-2pm

Tuesday 26, 6-7pm