

Parent and Carer Information and Support Sessions on

Young People's Emotional Wellbeing and Mental Health Issues

An opportunity to meet other parents and
supportive professionals in a safe relaxed environment

*Obsessive Thoughts and Compulsive
Behaviours– This session will aim to help
increase understanding about obsessive
thoughts and repetitive or compulsive
behaviours young people may display and
explore different support strategies.*

Tuesday 21st Nov 6.30-8.30pm

Wellbeing Works Campus, Duddingston
Yards, EH15 3NT



*Suicide Awareness- This session aims to
help parents and carers to understand and
support young people who have had
suicidal thoughts or attempts.*

Tuesday 28th Nov 6.30-8.30pm

Wellbeing Works Campus, Duddingston
Yards, EH15 3NT

Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email
jillian.hart@edinburgh.gov.uk

Parent and Carer Information and Support Sessions on

Young People's Emotional Wellbeing and Mental Health Issues

An opportunity to meet other parents and
supportive professionals in a safe relaxed environment

*Obsessive Thoughts and Compulsive
Behaviours– This session will aim to help
increase understanding about obsessive
thoughts and repetitive or compulsive
behaviours young people may display and
explore different support strategies.*

Tuesday 21st Nov 6.30-8.30pm

Wellbeing Works Campus, Duddingston
Yards, EH15 3NT



*Suicide Awareness- This session aims to
help parents and carers to understand and
support young people who have had
suicidal thoughts or attempts.*

Tuesday 28th Nov 6.30-8.30pm

Wellbeing Works Campus, Duddingston
Yards, EH15 3NT

Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email
jillian.hart@edinburgh.gov.uk