



**CALL OUT to all Lancaster and Morecambe parents/carers supporting a child or young person with any kind of emotional or mental health problem.**

**Anxiety • Low Mood • Depression • Self Harm • Eating Disorders • Sleep Problems • Suicidal Thoughts • Obsessions and Compulsions and more**

**YOU ARE NOT ON YOUR OWN**

**We are here to help; if you need emotional/practical support or just someone to talk too please contact:**

**Parent Reps: Claire – 07908452426  
Rebecca – 07950784015  
CAMHS/CPS: Wendy – 01524550650**

**You are welcome to join our virtual drop-in last Wednesday of the month 7pm-8.30pm. Email Claire chats\_123@yahoo.com for a zoom invite.**

**Face to Face meetings 2nd Thursday of the month 10am-12.00pm, @ More Music, 13-17 Devonshire Rd Morecambe LA3 1QT.**

