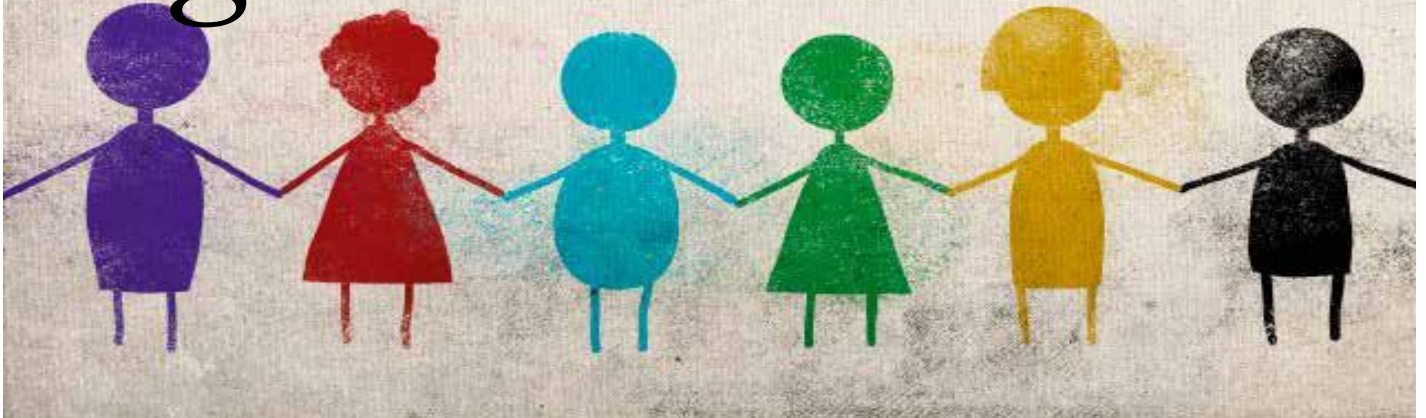


Stronger together

The chance to connect with like-minded people who have walked in your shoes.



Walking With You (WWY) is a parent led support group open to anyone caring for children and young people, up to the age of 25, experiencing mental health difficulties.

This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

Sessions take place on-line using Microsoft Teams.

You can join and leave the session at any point.

Mental Health Professionals from CAMHs will be on-hand to support and answer any questions you may have.

These are the dates we will be meeting May-July 2024; all sessions are 11am-12pm.

3rd May – Exam stress

7th June – Supporting with internet use

5th July – topic to be confirmed

If you would like to join any of these sessions or would like information, please contact:

WWYoxon@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email to be contacted by us at WWY.

Please fill out our short survey and let us know what topics you would like to hear!

