



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

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

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHS** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams and occasionally face to face. you can join or leave as any point (meetings are not recorded). However, we send notes out from the sessions.

Our next sessions are:

FRIDAY, 25TH OF SEPT, 10am – 11:30am - (TEAMS)

THEME: ANXIETY AND CHALLENGES AROUND GOING BACK TO SCHOOL and Q&A with SEND director, feedback on current challenges

FRIDAY, 23RD OF OCTOBER, 10am – 11.30am (TEAMS)

THEME: EATING DISORDERS and challenges

FRIDAY, 27TH OF NOV, 10am – 11.30am (TEAMS and/or face to face)

LOW MOOD AND DEPRESSION

If face to face, the session would be held at Princes Risborough Golf Club, but also online on Teams for those who can't join face to face. Please specify where you would want to attend.

If you would like to join our session/s or would like further information, please contact:

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