

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 presentations 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.

Next meetings:

8th January 2021

5th March

11am – 12 noon & 2pm – 3pm

Challenges with managing the family as a whole

7th May

11am – 12 noon & 2pm – 3pm

Eating and mental health

4th June

11am – 12 noon & 2pm – 3pm

Strategies to manage Anxiety

If you would like to join either of these sessions or would like information about future meetings please contact:

Diane Statham, Participation Lead,
Oxfordshire CAMHS at

diane.statham@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email.