

# Peer support groups for Warwickshire Parents/Carers of young people who self-harm

You are not alone in how you feel.  
Please get in touch for support.

**This free service aims to:**

- Bring people together who are looking after a young person who self-harms, and support each other in an informal setting.
- Provide a safe space where individuals feel understood and supported.
- Support parents understanding, and support their child.
- Offer support, self-care, and signposting information.

**Please note this group is unsuitable to bring children to.**



**For further details please contact us:**

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