



Mental Health
Support Team
Buckinghamshire

MALE CARERS DROP IN

LET'S TALK ABOUT MENTAL HEALTH

**MENTAL HEALTH SUPPORT FOR SCHOOL-
AGE CHILDREN, YOUNG PEOPLE AND
FAMILIES IN BUCKINGHAMSHIRE**

WHAT WE CAN OFFER:

- **UNDERSTANDING AND SUPPORTING YOUR CHILD'S ANXIETY**
- **LOW MOOD**
- **SELF-ESTEEM AND RESILANCE**
- **UNDERSTANDING COMMON CHILDHOOD BEHAVIOURS**
- **SIGNPOSTING**



WHAT'S DIFFERENT:

**THE GROUP IS SPECIFICALLY DESIGNED
FOR MALE CARERS PROVIDING A SAFE
NON-JUDGEMENTAL SPACE TO ACCESS
ADVICE AND SUPPORT**

Venue: Princes Risborough Family Centre

Time: 7pm - 8pm

Date: 11th October 2023

www.oxfordhealth.nhs.uk/camhs/bucks/mhst

buksmhst@oxfordhealth.nhs.uk

01865 904 566