

# Parent/Carer Educational Support Group

Does your child visit CAMHS\*?

Do you need support for yourself?

Would you like to speak to people who understand?

Would you like to learn more about strategies to help your child towards recovery?

Then please come along to the group.  
We welcome new parents/carers to the group.

**Where:** Oxlease House, Travellers Lane,  
Hatfield, Hertfordshire, AL10 8TJ.

**When:** The first Tuesday of each month  
from 7pm - 9pm.

\* Child and Adolescent Mental Health Services

For more information or to book your place:

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Online:** via the events calendar at

[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

Please contact us if you want to discuss travel arrangements and alternative care costs to enable you to attend.



Working with:

Hertfordshire Partnership   
University NHS Foundation Trust

## About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

### Carers in Hertfordshire

**The Red House, 119 Fore Street, Hertford, SG14 1AX**

**Tel: 01992 58 69 69**

**Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**[www.carersinherts.org.uk](http://www.carersinherts.org.uk)**

*making carers count*

## Our support for parents and carers.

We have two Mental Health Carer Involvement Workers who can provide advice and information and can support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

