



## Funded mental health workshops, advice and support for Parents and Carers in Hertfordshire

Nessie is funded by Hertfordshire County Council to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

### What we offer:

- **Free online and face-to-face workshops on a range of mental healths that affect children and young people**
- **Parent Support line**  
**Tel: 07932 651319**  
(open Thursdays 9 am - 12 pm or by appointment)
- **Private moderated Facebook support groups:**
- **NESSie Parent/Carer Support Group**
- **1-1 support and advice sessions**
- **Peer support groups:** A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

For more information, please [CLICK HERE](#)



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*Helping children and young people thrive*

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