

# **pact**

**PARENTS AND CARERS TOGETHER**

## **“Supporting you, supporting your child”**

**Suffolk Support for parents and carers of children and young  
people with mental health issues**

**[www.parentsandcarerstogether.co.uk](http://www.parentsandcarerstogether.co.uk)**

**Helpline number (07856) 038799 (not 24/7)**

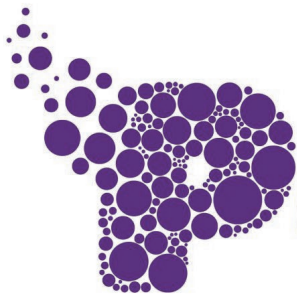
**Support group for parents and carers of children  
and young people with mental health issues**

✉ **[parentsandcarerstogether@gmail.com](mailto:parentsandcarerstogether@gmail.com)**

**f /parentsandcarerstogether/**

**t @pactenquiries**





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**PARENTS AND CARERS TOGETHER**

- **Access Facebook group for parents only**
- **Regular meetups face to face and online**
- **1:1 support via phone/email/Zoom**
- **Youth Mental Health First Aid**
- **Small group guided workshops on parent-led strategies and tools**
- **Guest webinars on youth mental health related topics**
- **Support and guidance around school attendance issues**
- **Access to resources and signposting**
- **Local and national involvement work**