

Parent or Carer?

MyTime South Cumbria Primary Mental Health Worker Service

Are you worried about your child's mental health and not sure where to turn?

Join one of our drop-in sessions run by our Primary Mental Health Workers.

We'll point you in the right direction with friendly advice and guiding you to services that can help.

Our online sessions run twice a month no appointment needed, just a safe space to chat and get the right support.

2nd & 4th Wednesday of every month

1pm – 3pm

When joining the meeting you will enter a virtual waiting area where a worker will collect you



Scan this QR code to join the drop-in

BARNARDOS



01539 742626



pmhw.mytime@barnardos.org.uk