

# Mental Health Peer Support Group

**With all that is going on in the world now it's understandable that people worry.**

If you, or someone in who you live with worries and you are concerned that it may be affecting their daily lives, then then please join us at our next parent and carer peer support group.

During the session we will be joined by the Family Systemic Worker from the Healthy Minds Team who will be giving us some information on how worrying affects families and things we can do to help to alleviate it.

The session will take place on  
Wednesday 4th May – 4-5.30pm

**The session will be an informal, safe environment to learn and share with other parents across South Tyneside.**

The session will be held virtually over Teams, the link to access is: [Click here to join the meeting](#)

Should you have any difficulties accessing the link, please contact: [michelle.olsen@southtyneside.gov.uk](mailto:michelle.olsen@southtyneside.gov.uk).

**Look forward to seeing  
you there!**