

# Supporting Children and Young People with Positive Mental Health

for Parents/Carers  
in Cambridgeshire  
and Peterborough



Nessie is funded by Cambridgeshire & Peterborough County Council to support families of children and young people with emotional and mental health needs.

## What we offer:

- **Free online and face-to-face workshops**
- **Parent Support line**  
**Tel: 07932 651319**  
(open Wednesdays 9 am - 12 pm or by appointment)
- **Private moderated Facebook support groups:**
- **Cambridge support group for parents of children/young people who self-harm**  
OR
- **NESSie Parent/Carer Support Group**  
For other emotional and mental health support
- **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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