



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.parentsandcarerstgether.uk

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

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

 @pactenquiries

 /parentsandcarerstgether/

PACT. 315 likes ·

21 talking about this. Parents and Carers Together (PACT) is
a support organisation for anyone who has a child experiencing
mental health issues...



PARENTS AND CARERS TOGETHER

- **Monthly meetups across Suffolk**
- **Telephone helpline for calls and texting email support**
- **Workshops and bespoke training sessions (self-harm/eating issues/school refusal etc.)**
- **Guided sessions in various self-help and coping strategies**
- **PACT library with resources to borrow**
- **Invited guest speakers (SEND/education/police/nursing team etc.)**
- **Sleeping advice**
- **Signposting to other local and national support services**