

Getting  
together for  
support and a  
friendly chat.  
And cake.



## Parents and Carers Together

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

Come along to our informal meetup. Check the website for dates, times and venue.

We can also arrange meetings in Ipswich, Woodbridge, Diss and other parts of Suffolk.

**Get involved, or just get in touch:**

Anne: 07834 083 447 | Bec: 07801 330 827

t: @pactenquiries | fb: /ParentsAndCarersTogether  
ParentsAndCarersTogether.uk

# What we offer

Email, phone and text support across Suffolk and Norfolk.

Local meetings arranged for parents and carers as required either for support groups or education and training.

The chance to link up and make a difference to local services and provisions by direct engagement with stakeholders.

Advice and support from local organisations and speakers through our networking and at meetups.



# Who we are

Anne Humphrys was a teacher for the best part of 20 years and has two teenage children, one of whom has complex mental health issues. Anne writes a popular blog about mental health and the experiences she shares with her daughter. For the last two years she's worked both nationally and locally to improve her area's mental health services for children and young people. Recently she's helped develop the new MindEd for families resources.

Bec Jasper recently trained as an instructor in MHFA (Youth) with MHFA England in a bid to promote Mental Health awareness, offer tools to help support our young people and to reduce the stigma associated with mental health issues for children and young people. She is currently liaising with schools, FE colleges & any other groups who would like to train in this vital area. She co-founded PACT (MH) UK to offer support to parents and carers of children with mental health issues.