

Off the Record

Supporting young people with emotional well-being issues

with Matthew Taylor (Senior Mental Health Practitioner)
& Gosia Pawlowska (Merton Schools Wellbeing Team
Service Manager)

Hear about Merton's Off the Record service for young people aged 11-25
who live in Merton, or have a Merton GP.

Find out how young people can access free & confidential emotional support
ranging from ongoing support via individual online (text-based) & face-to-
face counselling, through to one-off support via a telephone support line,
plus support for parents & carers of young people struggling with self-harm
or school avoidance.

Matthew will also be talking through some strategies you can use at home
with your children.

Thursday 23 March, 10am to 12pm (in person meeting)

**In person meeting at Combi Room, Chaucer Centre,
Canterbury Road, Morden, SM4 6PX**

(Please confirm by Friday 3 March)

THESE SESSIONS ARE FOR PARENT CARERS ONLY

✓ For more information or to register with Kids First / Adults First and receive news of all our events,
just ring 020 3963 0597 or email kf.admin@mertonmencap.org.uk.