



What is the Virtual Fresh+ Forum?

A support group open to all parents or carers who have a child who has ever attended Fresh CAMHS (Liverpool)) or Sefton CAMHS or is on the waiting list.

It was set up by Fresh+ Group to provide parents/carers with a safe, non-judgemental place to find advice and support, an opportunity to talk about how you are feeling, to connect with other parents and carers and improve services.

It's run by parents/carers who have children that are (or were) attending CAMHS and practitioners from Fresh and Sefton CAMHS at Alder Hey Children's Hospital.



Fresh+ Virtual Parent/Carer Support Group

- ✔ Safe, supportive & judgement free - parent/carer led
- ✔ Short information sessions
- ✔ Drop in - join when you can
- ✔ Camera on or off - whichever is most comfortable
- ✔ Easy to access - join by phone, tablet or computer
- ✔ No tech knowledge needed - just click on link (quick Zoom guide sent with link)

Date	Time	Information Session
Thurs 30 July	10:00 - 11:15	Understanding Self-Harm
Tues 4 Aug	19:00 - 20:15	Understanding Self-Harm
Thurs 13 Aug	10:00 - 11:15	Back to School Strategies & Support
Tues 18 Aug	19:00 - 20:15	Back to School Strategies & Support
Thurs 27 Aug	10:00 - 11:15	Back to School Strategies & Support
Tues 1 Sept	19:00 - 20:15	Back to School Strategies & Support

Email freshplusgroup@alderhey.nhs.uk for the links to join. More information, links to other support available and our private Facebook group can be found at www.freshplusgroup.org.uk.