

# Positively Supporting Children with Self-Harming Behaviours for Parents and Carers in Cambridgeshire



Scan QR code to book workshops  
or click [here](#)

Nessie is funded to support parents/carers of children and young people who self-harm to explore and develop a positive and more confident approach to keeping young people safe and offer a chance to identify useful strategies and resources.

## 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)
- A private moderated Facebook support group  
Cambridge support group for parents of children/young people that self-harm
- 1-1 support and advice sessions
- Peer support groups

For more information, email:  
[cambridgefamilies@nessieined.com](mailto:cambridgefamilies@nessieined.com)



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*Helping children and young people thrive*

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