



Funded Mental Health Workshops, Advice and Support for Parents and Carers in Hertfordshire



The aim of this funded support is to help parents/carers develop a positive and more confident approach to supporting their child, Our friendly and experienced staff offer a chance to gain peer support; useful strategies and practical tools.

What we offer:

Free Webinars

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

Parent Support line

- Tel: 07932 651319

Private Moderated Facebook Support Group

- NESSie Parent/Carer Support Group

1-1 Support and Advice Sessions

Peer Support Group

A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit nessieined.com or Scan the QR code



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Helping children and young people thrive

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