



## KoothTalks for Parents and Carers: The Voice of Young people

We are going to share borough specific data from #BeeWell and Kooth. #BeeWell is a survey in Greater Manchester which collects the opinions of students about various topics; on Kooth we have data about presenting issues or mental health concerns from young people.

We want to share this data to support the conversations you have with your children and young people around wellbeing and managing how they feel.

**For more information and to book your place, please click [here](#).**

## Autism Friends Employability Group

Reach your employment goals!

- talk about barriers you face and how to break them down
- help you to identify employability skills
- search volunteering and employment opportunities
- application forms and interview preparation
- advice around benefits

**Every 3<sup>rd</sup> Thursday of the month**

- Drop in between 11am- 2pm
- Armed Forces HQ, Molyneux House, School Lane, Wigan, WN1 3SE
- Refreshments provided

**Everyone welcome**



## With You – Supporting young people who self-harm **withyou**

Delivered by With You, this session is aimed at parents/carers and the support network for young people. It will explore practical strategies and approaches that may help when supporting a young person who self-harms or is at risk of self-harming. It will include tips on having difficult conversations and in managing safety and risk.

- **Tuesday 24<sup>th</sup> June @ 9:15pm. [Book here](#).**

## UMAY App



The UMay app helps you get home safely by providing a range of features including

- Geolocation: Share your journey with your trusted contacts so they know you're safe
- Notify users of potentially unsafe areas
- Find your nearest UMay safe places around the borough, where trained volunteers can help you if you need assistance

**Download the app today:**

App store: <https://ow.ly/nRgm50RcxN2>

Google play: <https://ow.ly/BScR50RcxN4>

If you are in immediate danger, always call 999. For non-emergencies call 101

May 2025

For parents & Carers



## Youth Connect 5

**Supporting your child's emotional wellbeing transitioning from Primary School to Secondary School**

- 5-week course for Parents and Carers
- Focusing on emotional and mental health of your child as they move to secondary school
- Build resilience
- Preparing parents to support their child

To book your place, or more information, please [email here](#).

## InternetMatters.org

**Support your children to stay safe online.**

Find information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face, plus more support, [here](#).