



Hello, my name is **Karen Rayner**.
I'm part of
Kirklees Keep in Mind

“ *It's okay
not to be
okay.* ”

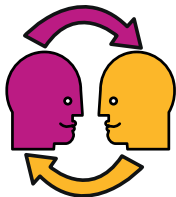
Who am I?

I work as a parent and community worker within Kirklees Keep in Mind. My role is to raise awareness about emotional and mental health and how the emotional and mental health of parents/carers can affect the children and young people that they care for.

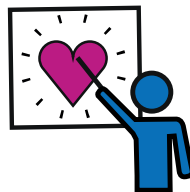
I do this by...

- Building positive relationships with parents and carers, so that I can address any support needs and build up resilience.
- Supporting parents/carers to access the mental health support services they need.
- Identifying with parents/carers which self-care strategies will help them

Support I can give



I can provide booked drop-ins for parents/carers to listen, signpost and assist them to access any extra support. I can also offer support through Silver Cloud, which is a CBT based programme.



I run parent/carer and community information sessions on a range of subjects linked to supporting children and young people's emotional and mental health.



I offer parent/carer self-care group activities within a school or community setting to promote positive emotional and mental health.

How to contact us

- Parents can contact us via email on parentMHST@northorpehall.co.uk
- Call Northorpe Hall on 01924 492183.

If you require a copy of this information in any other format or language please contact the Trust.