

# Helping Parents and Carers Understand Risk in their Children

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A group to assist parents and carers of children and adolescents who have identified self-harm or suicide risk. The group will cover helpful ways of responding, harm-minimisation strategies, ways to build connection with your child when emotions run high, and self-care.

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## To register your interest:

T: 1800 372 000 (Option 2)

E: [triage@familyservices.org.au](mailto:triage@familyservices.org.au)



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