

3 April 2025

Dear Parent/Carer,

We understand that supporting a child or young person experiencing mental health difficulties can be challenging. With this in mind, we are writing to inform you about some valuable resources and upcoming sessions designed to provide you with support and guidance.

Walking With You (WWY) Parent Support Group

The “Walking With You” group is a parent-led support group for parents and carers of children and young people (up to age 25) who are experiencing mental health difficulties. This group offers a safe space for you to connect with other parents who understand what you’re going through, share experiences, and gain support. Mental health professionals from CAMHs (Child and Adolescent Mental Health Services) will also be present to offer support and answer your questions.

Upcoming Sessions:

The sessions are currently being held via Microsoft Teams, with occasional opportunities for face-to-face meetings. You are welcome to join or leave the meetings at any time, and notes from each session will be provided.

Here are the details of the upcoming sessions:

[WWY Sessions for April](#)

Accessing Previous Course Materials: Anxiety in Teenagers

In addition to these upcoming sessions, we want to make sure you have access to materials from a previous course on anxiety in teenagers. The slides from this course, provided by the Buckinghamshire Mental Health Support Team, offer valuable information and practical strategies for parents.

The slides cover important topics such as:

- Understanding why humans experience anxiety
- Different types of anxiety and their typical ages of onset
- Factors that contribute to anxiety
- How anxiety is maintained
- Signs of anxiety in teenagers (including physical symptoms, emotions, thoughts, and behaviors)
- The difference between anxiety and stress
- Helpful messages to share with young people
- Parental responses to anxiety
- Problem-solving techniques

These slides provide valuable insights and practical advice for supporting your teenager's mental health. And can be accessed [here](#).

We encourage you to take advantage of these resources. If you would like to attend the sessions or need further information, please contact Roxy Uritescu, Participation Lead, Bucks CAMHS, at Roxy.uritiescu@oxfordhealth.nhs.uk.

Sincerely,

Yours sincerely,

A handwritten signature in black ink, appearing to be 'D. Durning', with a stylized flourish at the end.

Mr D Durning
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