

# Avoidant Restrictive Food Intake Disorder (ARFID) Parent, Carer, and Family Free Online Q&A Session

North East and Yorkshire Regional Mental Health Team are hosting two free public Q&A sessions on Microsoft Teams. These will give parents, carers, and families the opportunity to ask our expert panel questions about ARFID. The panel includes an Advanced Practice Dietitian, Psychologist, and Occupational Therapist.

To help us answer as many questions as possible, or if you'd like to ask anonymously, please submit your questions in advance [online here](#).

## When is it?:

### Thursday 21st March

1.00-2.00pm

[Click here to join the Q&A Session at 1.00pm](#)

&

6.00-7.00pm

[Click here to join the Q&A Session at 6.00pm](#)

## Where is it?:

You can join online on Microsoft Teams, by clicking the link above, next to your desired timeslot.