

Parents and carers support

Maintaining positive mental health and good well-being is important for us all, regardless of age. Children and young people can experience issues with their mental health such as anxiety, low-mood, emotionally based school avoidance, issues linked to disabilities (physical or neurodiversity), LGBTQI+ and more.

West Sussex Mind provides a service aimed at increasing parents and carers confidence at providing support to their children and young people.

The Parenting team has both lived and professional experience of supporting people with poor mental health and understand how hard being a parent with extra challenges can be. The service would like to support you by helping to increase your own resilience in supporting your children and young people, and to help you get the right support for them, by providing the following:

Peer support groups (on-line and some in-person); 1:1 peer led support sessions; monthly guest speakers covering topics chosen by the parents and carers including: supporting those affected by self-harming; autism, ADHD and mental health, planning for school transitions and managing self-care; signposting and on-line training.

The peer support groups offer a safe, non-judgemental space for parents and carers to come and share their thoughts and feelings with others going through similar situations and pick up new ideas or tips. It also provides parents and carers a chance to build a network of support and learn new strategies.

If the service sounds like something you would benefit from, please contact our Help Point: Monday to Friday, 10am – 4pm 0300 303 5652 or helppoint@westsussexmind.org stating you would like to access the Parenting Support Service. Once you have been referred into the service, the Project Manager will arrange a suitable time with you for a chat to arrange access to the support provided.

Alternatively, if you would prefer to access some of free eLearning courses on subjects such as LGBTQ+ awareness, eating disorders and suicide, please visit our [Eventbrite page to register West Sussex Mind Events | Eventbrite](#)

Or, visit our website for access to free webinars on areas including supporting parents of carers with children and young people presenting with aggressive behaviour and emotionally based school avoidance [West Sussex Mind | Webinars for parents and carers](#)