

Services that offer support and advice around Mental Health and Emotional Well-being.

West Sussex Mind Parenting Support Service

http://www.westsussexmind.org/help/_and_support/specialist-services/our-parenting-support

Our parents and carers service aims to increase your knowledge and awareness of mental health and boost your confidence in coping with and addressing your child or young person's mental health.

Whether they are suffering from anxiety, depression, stress or disordered eating, our peer support service can help you support your young person – and in doing so help improve your own well-being by meeting other parents and carers.

The service will include fortnightly online meetings, where you can discuss your concerns, build strategies to help you support your child and meet other parents and carers. All meetings are hosted and mediated by a member of staff from West Sussex Mind.

Young Minds' For Parents

<https://www.youngminds.org.uk/parent>

We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.

We have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

We also have our Parents Helpline who can provide advice and support if you're worried about a child or young person.

