

NEW! West Sussex Mind Parenting Peer Support Group 'Circles' near you!

If you are you a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support. Did you know peer support can help increase confidence and can help you learn new skills like coping with challenges? We have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience.

The Parents Service at West Sussex Mind has lots more to offer:

We hold regular Peer Support Groups both during the day (both in person and on-line) and evening (on-line). We have a monthly 'Expert by Experience' Guest Speaker join us for one of the evening sessions, this year so far we have covered topics such as Self-harm, OCD, Social Anxiety and How to manage aggressive behaviours. These sessions are great as you get to hear more about the subject and a chance to ask any questions relating to your situation.

Another great aspect of the service is the opportunity to have some 1:1 sessions with a Peer Support Worker (again who has lived and professional experience).

These are in blocks of three and can be delivered at a time convenient for you.

We have a closed Facebook group for sharing information and to give parents and carers a platform to ask any questions confidentially.

There are monthly newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).



Please find us at:

ADUR (Fishergate)

The Neighbourhood Gateway Hub, West Street (Gardner Road Entrance), BN41 1PR

- Monday 06.11.23
- Monday 04.12.23

ARUN (Bognor Regis)

Arun West Family Hub, Laburnam Grove, Bognor Regis PO22 9HT

- Monday 11.12.23

NORTH (Horsham)

Upper Floor Hall, Blackbridge Community Centre, Three Acres, Horsham, RH12 1RS

- Monday 13.11.23

WEST (Midhurst)

The Rowan Room, The Grange, Bepton Road, Midhurst GU29 9HD

- Wednesday 13.12.23

WORTHING (Durrington)

Ashdown Centre, Birkdale Road, BN13 2QY

- Tuesday 31.10.23
- Tuesday 28.11.23

If you would like to know more, please contact us via our Help Point and state you would like a parenting referral.

Call our Help Point

Monday to Friday, 10am until 4pm on 0300 303 5652 or email helppoint@westsussexmind.org

West Sussex  mind