



Parenting support service

Supporting children and young people's mental health

Our parenting support service aims to increase the confidence, knowledge and skills of parents and carers around supporting their children and young people's mental health.

If you would like support, contact our Help Point:

Monday to Friday, 10am – 4pm

0300 303 5652 or
helppoint@westsussexmind.org

Support includes:

- Online peer support groups
- Talks from 'experts by experience' on topics such as EBSA and Self-Esteem
- In-person peer support groups across the county
- One to one telephone support
- Casual check-ins
- Private Facebook group
- Signposting.

West
Sussex
 mind