

USEFUL CONTACTS

Local Information:

Rollercoaster Parent Support Group: 07415380040/ 07500 783 634
email: parentsupport@success.coop
Support groups, peer support training, parent/carer advisory group
and general information.

CAMHS Single Point of Access: 03001239296
A first point of contact for children's emotional and mental health advice

CAMHS Crisis Team: 0191 4415733
Support and advice if your child is experiencing a mental health crisis.

First Contact: 0300 026 7979
First Contact helps families to get the right support, from the right service,
when they need it.

County Durham Carers Parent Support Service: 01325 524606
Specialist advice, information, carers assessments and practical support for carers.

National Information:

MindEd for Families: www.minded.org.uk/families
Really useful website with lots of emotional and mental health advice and information.

YoungMinds: www.youngminds.org.uk
National charity committed to improving the emotional wellbeing and mental health
of children and young people. Lots of useful information as well as a Parent Helpline:
0808 802 5544 (free from mobiles and landlines).

FUNDERS AND SUPPORTERS OF ROLLERCOASTER PARENT SUPPORT COUNTY DURHAM



Information for parents
and carers who are
supporting a child with
emotional or mental
health problems in
County Durham

SUPPORT
GROUPS

PARENT PEER
SUPPORT
TRAINING

PARENT
ADVISORY
COMMITTEE

LOCAL AND
NATIONAL
HELP AND
SUPPORT

"Going to the group helps me to feel less isolated. We share our experiences (good and bad) and learn together supporting each other. I come out of each meeting feeling more relaxed and able to cope with whatever happens at home. The various speakers and presentations are informative and helpful. The group reminds me that after every low point, things eventually get better in some way or other – so it takes the heat out of the feeling of crisis and desperation."
"Parent"



YOU ARE
NOT
ALONE

Email information
sharing Network



ROLLER

COASTER

**PARENT/CARER
SUPPORT**

For parents/carers who are supporting a child or young person with any kind of emotional or mental health problem.

ANXIETY - LOW MOOD - DEPRESSION - SELF HARM - EATING DISORDERS - SLEEP PROBLEMS - SUICIDAL THOUGHTS - OBSESSIONS AND COMPULSIONS - AND MORE

You are not alone! Supporting a child or young person with emotional or mental health issues can be challenging, isolating and sometimes feel like you're riding a real emotional rollercoaster!

Come along to the group, meet other parents/carers in similar situations and get support. There will be guest speakers, discussion topics, practical tips for coping and tea/coffee & biscuits

1st Wednesday of every month
10am-12pm
Durham County Cricket Ground,
Riverside, Chester-le-Street DH3 3QR.

3rd Wednesday of every month
5.30-7.30
South Durham CAMHS, Aclely Centre,
Newton Aycliffe DL5 4PE.

**For further information, please contact:
Wendy: 07415 380 040 or Nicky: 07500 783 634
Everyone welcome-hope to see you there!**

"I am so glad I came and returned home feeling a little stronger knowing I wasn't alone"
"Parent"

"Was able to find out about local services and teams that I can get involved. Met some people who are going through the same issues we are having or similar. Access to support and info for parent's fab. To be able to speak about your child and not feel like an alien."
"Parent"

GET INVOLVED

Sign up to the E-Network
Just send an email to parentsupport@success.coop and we will get you signed up

Join us on social media
Facebook: Rollercoaster parent support group (like page and closed group)
Twitter: @RollercoasterPS

Parent Peer Support Training
Are you a parent/carer with experience of supporting a child with emotional or mental health issues? Would you be interested in receiving training to become a parent peer supporter? Peer supporters will offer support to other parents experiencing similar issues. Sometimes the best people to offer support are those that have already been through similar experiences. Knowing you are not alone by talking to someone who is 'walking in similar shoes' can bring strength you can't get from anywhere else. Full training and support will be offered.
To find out more ring Wendy: 07415380040

Making a Difference as a Parent/Carer Advisory Group Representative
The Parent/Carer Children and Young Peoples Mental Health Advisory Group's aims to ensure the voice of parents who are supporting a child with emotional and mental health problems is heard. If you are interested in becoming a Parent Representative on the Advisory Committee all you need is:
• Experience of supporting a child with emotional or mental health problems
• A passion and desire to improve mental health services for children and young people.
• A willingness to openly share experiences, ideas and information to help improve services.
• Be available to attend and contribute to 4 Advisory Board meetings per year.
• Access to email or willingness to access support to do this.
To find out more ring Wendy: 07415380040