



Here for young people
Here for communities
Here for you



YMCA
DOWNSLINK GROUP

Parent and Carer Support Group

The Parent and Carer support group is a six-week psychoeducational program. For parents/carers of children and young people who are experiencing mild-to-moderate mental health issues.

It is aimed at providing general advice to support parents and carers in successfully navigating crises, avoiding escalating the situation and having a better understanding of the young person's needs in the home.

It is for patients across the Brighton and Hove area.

The Wellbeing Service is hosting the service. To refer complete a self-referral form by using the QR code below:



More info:

E: brightonwellbeing@spft.nhs.uk
W: bit.ly/BrightonWellbeingService

A child/young person can have been referred to CAMHS but must not be actively working with CAMHS or other Tier 4 services.