

PARENT/CARER PEER SUPPORT

"Even on my bad days I would still go to group because I felt better having a laugh and talking to like-minded people."



A new group for parents/carers of young people aged 11-16 who are experiencing a low level mental health difficulty. This is a 6 week group to meet other parents/carers who may be facing similar concerns, to share their experiences together, make new friendships, and find support.

Please contact
chloe.holder@Herefordshire-mind.org.uk to book