



## PARENT+ SUPPORT HUB

### **Who are we?**

Parent+ is run by a group of volunteers, some are professionals and others have lived experience of supporting someone with poor mental health or have had their own mental health issues.

### **What do we do?**

We help navigate you to an eclectic range of services, both local and national to support you on your journey. Parent+ allows us all to grow in strength and knowledge; so that we are all better equipped to give the best possible support to our families and take care of ourselves.

We also post regular tips and useful information on our Facebook Page.

### **How can we help you?**

We can formulate a bespoke Family Support Plan and help you tackle one issue at a time when you feel overwhelmed, whilst putting you in touch with services that can support you too. We will support you on your journey and we can provide 'listening' calls whilst we are unable to meet at the Support Hub.

### **How to contact us?**

Please email [sarah-lou@parent-support-hub.co.uk](mailto:sarah-lou@parent-support-hub.co.uk) if you would like support or you have any questions regarding the individual that you are caring for. We can either reply via email with a Family Support Plan for you or we can arrange a 15-20 minute 'listening' call, at a convenient time to you. We have a number of volunteers ready to call people who need supporting or who have any questions.

We also have an Additional Needs Ambassador who can call you, along with many other parents/carers that have experience of supporting individuals with poor mental health.

If any questions arise during the 'listening' calls, they will be fed back to Head Office and a Family Support Plan will be put together for you.

When emailing us, please add our email address to your contact list to prevent replies be directed to your Junk mail file.

Sarah-Lou  
Parent+ Support Hub  
<https://www.facebook.com/PPSHUB/>