



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Rollercoaster Support Group

We are a support group for parents/carers who are supporting a child or young person with any kind of emotional or mental health problem including:

- anxiety
- low mood
- depression
- self harm
- eating disorders
- sleep problems
- suicidal thoughts
- obsessions and compulsions

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 our 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 and biscuits.

We meet on the first Wednesday of every month from 10.00am - 12 noon at:

Durham County Cricket Ground
Riverside
Chester-le-Street
DH3 3QR

and on the third Wednesday of the month from 5.30pm - 7.30pm at

South Durham CAMHS
Acley Centre
Newton Aycliffe
DLS 4PE

Get involved

Sign up to our E-Network

Just send an email to ali@rollercoasterfs.co.uk and we will get you signed up.

Parent Peer Support training

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.

Make 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.
- To be available to attend and contribute to four Advisory Board meetings per year.
- Access to email or willingness to access support to do this.

When is it on?

Time of day Evening

Who to contact

Contact name Wendy Minhinnett
Contact position Parent Lead
Telephone 07415 380 040
E-mail wendy@rollercoasterfs.co.uk
Website <https://twitter.com/.../rollercoasterps>

Disclaimer

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Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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