



For families supporting
a child or young person
(up to 25 years) with
emotional or mental
health difficulties



Rollercoaster Virtual Parent Support Groups 10am on 1st and 6pm on 3rd Wednesday of each month Support, information, and advice on a range of topics around mental health. Parent peer support, virtual cuppas, guest speakers, self-help activities and a mental health professional available in every session. Groups are held via Zoom & Facebook Live. Further details about what we are covering in each group are sent out weekly. Dates: 20th January 6pm, 3rd February 10am, 17th February 6pm, 3rd March 10am, 17th March 6pm, 7th April 10am, 21st April 6pm	Monthly Virtual Mental Health Drop In First Friday of every month 1-2pm A place to get advice, support and information around mental health - Drop in for a cuppa & parent peer support, or book in advance for: 1:1 appointment with a mental health professional 1:1 appointment for personal stress busting techniques Dates: 1-2pm 5th February, 5th March, 2nd April (all via Zoom)
Parent Support Technique of the week 11am on 2nd & 4th Wednesday of each month Gillian Fortune from Feel Good CIC will be going live in the Rollercoaster Closed Facebook Group to provide parents with tips, strategies and ways to cope with life as a parent. All techniques will be based on what parents have said they want e.g. sleep, anxiety, coping in the moment (You will need to be a member of the closed Facebook group to access. Don't worry if you don't join live, you can watch later at a time that works for you) Dates: 11am 10th & 24th February, 10th, 24th, 14th & 28th April	Involvement opportunities If you are interested in making a difference and helping to improve services in children and young people's mental health, you might like to get involved: United Voice: 18th January & 15th March 6.30-8pm - A place to have your voice heard and find out about mental health provision in County Durham 16-25 years' Service: 19th January 5-6.30pm - Helping to develop mental health services for 16-25 year olds Emily's Gifts Steering Group: 4th February 6pm-8pm - This project will provide resources and self-help for families Out of the Box Steering Group: 11th February 6-8pm - This project is to create a safe space for families to receive support at Durham County Cricket Ground
Feel Good Virtual Parents Course Thursdays 6.30-8pm This 4 week course with Gillian Fortune (the no-nonsense stress buster) is guaranteed to make you feel good as a parent. Learn some practical, easy to use strategies that will help you and your family in everyday life. Dates: 25th March, 1st, 8th & 15th April via Zoom	Individual Support 1:1 Support - We provide 1:1 support and information for parents and carers. This can be via telephone, email, WhatsApp, Messenger or Zoom Talk to a Parent Peer Supporter - Book a 1:1 support session with a Rollercoaster parent who has been through similar experiences to you Closed Facebook group - The Rollercoaster closed Facebook Group is a safe space for parents to access support from other parents at any time

For more information or to book a session get in touch using one of the contacts below:



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