



Welcome

VOCAL offers a peer support group for parents of young people aged 11–25 who are experiencing mental health issues.

We recognise that mental illness is complex, however, we believe that peer support can benefit parents of children with diverse mental health symptoms and conditions. We hope to:

- **Help improve your wellbeing.**
- **Support you with ways you can help your child.**
- **Navigate complex systems such as social work assessments and welfare benefits.**
- **Help you find out more about your rights as a carer.**
- **Provide you with a safe space to share your experiences and hear from other carers in similar situations.**

Peer Support

Peer support is when people use their own experiences to help each other. Members of the group can decide how to run the group and what topics they would like to cover. Initially, Megan (Parent Carer Support Practitioner) will host the group until everyone settles in and then it will be passed to the members.

In line with the purpose of a peer support group, the initial meetings will lay the foundation for the group including the group agreement, your hopes, structure, and guidelines. All conversations in the peer support group will be treated in confidence.

When and Where?

The group will take place online, on alternating Fridays from 10.00am to 11.00am.

Dates for your calendar:

August 20	September 3, 17	October 1, 15, 29	
November 12, 26	December 10		2021

| Winter Break |

January 21	February 4, 18	March 4, 18	April 1, 15, 29	
May 13, 27	June 10, 24	July 8		2022

| Summer Break |

The peer support group will take place on Zoom. If you are unfamiliar with Zoom, [here is a link to help you learn how to join a meeting](#).

All participants will receive an email reminder a week before the support group meets with a Zoom link.

Contact Us

For more information and to register interest, email Megan (Parent Carer Support Practitioner): mcopley@vocal.org.uk. You will need to be registered with VOCAL as a carer in order to join our support group. You can self-refer by calling **0131 622 6666** or by visiting vocal.org.uk/referrals.



We're part of the
**Parents Carewell
Partnership**

