

HOPE Peer Support

Here for Parents



Being a parent can be challenging especially when our children are struggling with their emotional well-being. We think we're getting it wrong, feel alone and have nowhere to turn.

If your child or young person is struggling with anxiety, low mood or depression, stress or overwhelming emotions, it can be really hard to get the support you need as a parent.



Could you benefit from speaking to another parent who has gone through a similar experience?

A HOPE Parent Friend can offer you a confidential weekly call, video call or email and will listen with empathy, understanding and without judgement.

Our HOPE parent friends are vetted, trained and fully supervised volunteers

To find out more contact your HOPE mentor in school or Keddie on:

keddieHOPE2021@outlook.com

HOPE is a mental health project in Staffordshire schools. With training, supervision, resources and networking opportunities, key pastoral staff are able to deliver an essential listening service, either 1 to 1 or in groups, to support their pupils emotional well-being.

