



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

07508 176043

Parents supported by Volunteer HOPE Parent Friends share their thoughts:

Having someone that's not directly in the picture but understands what I'm going through has offered me so much reassurance that I'm doing ok. I can see that now.

Having the support of a HOPE Parent Friend Volunteer has given me confidence, I can trust in their expertise and guidance and having someone that truly understands validates how I've been feeling. That's so beneficial

If I hadn't had the guidance and preparation with V before meetings with professionals (SEN), I would have been really floored by the process. Her willingness to share her personal story has helped me the most – she gets it!

V has given me hope that the end is in sight, to see that she has gone through something so similar and to know that its possible - its been a godsend

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 pupil's emotional well-being.



HOPE
Helping
our PUPILS'
Emotions