

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 groups take place online, on alternating Fridays from 10am to 11am and alternating Mondays from 6pm to 7pm.

Dates for your calendar:

January

- Friday 21
- Monday 24

February

- Friday 4
- Monday 7
- Friday 18
- Monday 21

March

- Friday 4
- Monday 7
- Friday 18
- Monday 21

April

- Friday 1
- Monday 4
- Friday 29

May

- Monday 2
- Friday 13
- Monday 16
- Friday 27
- Monday 30

June

- Monday 10
- Friday 13
- Monday 16
- Friday 24
- Monday 27

July

- Monday 8
- Friday 11

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**

