



West Sussex Mind, Families in Mind: Support in Adur, Arun and Worthing

Families in Mind is a service aimed to support parents who have young children (0-4 years old) and need help with their mental health and well-being.

We have various events going on in the local area including:

Weekly play and chat groups, walks/meet ups in local parks and the Enjoy your Baby course.

Our service is completely free of charge and is open to all members of the community.

To contact us for support:

Call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652

or email helppoint@westsussexmind.org

We know how hard it can be to get out of the house and get some support when you're feeling low, anxious or overwhelmed - we can help you with this by providing:

- A safe and non-judgmental space to share your situation and difficulties and get support
- Trained staff, many of whom have lived experience of mental health (and are also parents)
- Venues across the area which are easy to access by foot, car or public transport.

How parents we've supported said they've benefitted:

- Learning new strategies to help improve how they feel
- Meeting new people whilst trying something different
- Get some routine into their week
- Push themselves out of their comfort zone.

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