

Are you caring for a young person with a mental health issue?

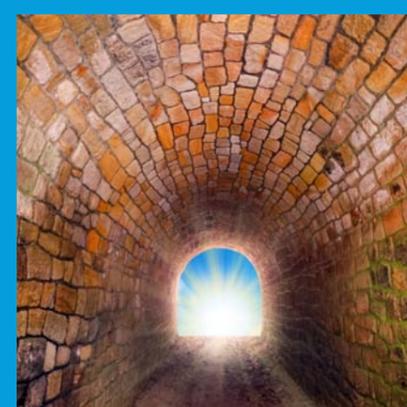
The Safe offers a free service called 'Hope for Carers' which is a self-help group for parents and carers of young people with mental health concerns such as self-harming, eating disorders, severe anxiety, depression, extreme behavioral challenges, personality disorders, etc.

Caring for a young person with a mental health issue can be extremely stressful. Hope for Carers is focused on the mental and physical wellbeing of the parents as they attempt to navigate this immensely difficult path.

It is a self-help group, usually with a professional counsellor in attendance, in which parents can listen and discuss various ways of coping with the unique challenges of caring for a loved one with a mental health issue. It is a relaxed environment in which parents / carers can learn from each other's experiences while offering mutual support, advice, empathy and friendship.

The meetings are held on the last Tuesday of each month at 11:00am - 1:00pm (including lunch) and also in the evening from 7:00pm - 9:00pm to support parents/carers who can't attend during the daytime. No appointment is necessary.

As well as Hope for Carers, The safe also offers a range of services including support for struggling parents, bereaved parents, pregnancy choices, pregnancy loss and provides free baby clothes and equipment to those who require it.



'Hope for Carers' meets at:
'The Safe',
18 Winchester Street,
Basingstoke,
RG21 7DY

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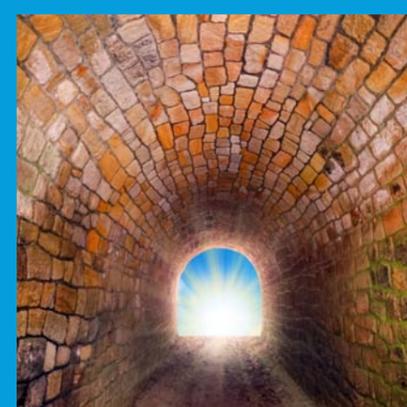
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