



**PARENTING
MENTAL HEALTH**

ALONE.

When your child is struggling with their mental health, they can often feel completely alone. The ripple effect can leave us, as parents, feeling isolated, ashamed, judged.

We understand the unique challenges that come with parenting a child with a mental health issue. Access our Private & Confidential Facebook Community where 33,000 parents support each other day and night. And our specialist services, based on lived-experience, include a best selling book, FAQ Guides, Listening Circles and our unique Partnering not Parenting Course and Resources.

You don't have to do this alone.

[PARENTINGMENTALHEALTH.ORG](https://parentingmentalhealth.org)

Scan to join our
Facebook Community

