

## Stepping Stones can help you and your child with the following:

- \* Developing communication and an understanding of mental health difficulties within families.
- \* Improved family relationships.
- \* Increased self-awareness .
- \* Higher self-esteem and confidence.
- \* Greater resilience.
- \* Improved insight into mental health difficulties and how these impact on your child.

## We offer

- \* A peer support group for parents to support each other with their mental health and in their role as a parent
- \* A parent and child club to develop your relationship and communication in a safe and supportive environment
- \* If specific needs are identified, some 1:1 work with families can be provided

Please contact **Teresa Bayfield (01225 421686)**  
**07530263455, Evie Body (01225 371414 )** or  
**Sarah Snook (07980 998839)**

Bath & North East  
Somerset Council

Avon and Wiltshire **NHS**  
Mental Health Partnership NHS Trust

# stepping stones

Helping you to understand and manage  
the effects of parental mental health  
difficulties on your children and family



*"I have had a place to open up, face to face with support and not feel judged, which helps me so much its indescribable"*