

YOU ARE
NOT ALONE



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Rollercoaster Support

For families supporting a child or young person with emotional or mental health issues

There is still lots of support available through Rollercoaster Services, see below for information:

Face to Face Support Groups:

All face to face support groups have now moved to Facebook Live sessions in the closed Rollercoaster support Group. These run at 10am on the first Wednesday of each month and 5.30pm on the third Wednesday of each month for 1 hour. In each session Wendy (parent lead) and Nicky or Hannah (CAMHS Leads) will be available. We will cover a range of topics, tips, activities and provide a safe virtual space to get support. You will need to be a member of the Rollercoaster closed group to access these sessions. <https://www.facebook.com/groups/1601632260084760/> We will also be running some additional Facebook Live sessions where we will bring in expert speakers around helpful topics e.g. anxiety, self-harm, coping with stress. (Please let us know if you have any ideas for topics)

Closed Facebook Group: This will continue to operate as normal. It's a great virtual space for peer support, tips, advice and information. (Private group only accessible to parents and carers of a child with emotional or mental health problems up to 25years)

Rollercoaster Facebook Like Page: This will continue to operate as normal, it's an open page accessible to anyone and a great place for sharing advice, resources and information.

Telephone and Email enquiries/support: This will continue as normal, see contacts below

Advisory Work: Any advisory work that involves asking for parent/carers views around children and young peoples mental health will be done virtually. We will keep everyone updated as opportunities arise

Training: Any training or support sessions will be offered digitally. We will keep sharing the range of opportunities that are available to learn more about mental health in the digital world

New Digital options:

We are currently looking at alternative options such as Skype or Zoom to offer support and will be in touch once we know more. If you have any ideas of other platforms which might be useful please let us know.


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The most important thing to know right now is that you are not alone and lots of support is still available. Don't hesitate to get in touch by phone, email or via social media. If you would like to see a face, we are happy to do FaceTime, Messenger or WhatsApp video. We all need to stay connected and remember the Rollercoaster Motto:


*'We get strong together and
do the best we can'*

Contact Details:

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 @RollercoasterPS

 Rollercoaster parent support group

<https://www.facebook.com/groups/1601632260084760/>