Family Support Navigators.

Elaine Webster

North Locality

Who are we?

Family Support Navigators are part of the Piece of Mind Team (formerly Mental Health Support Team).

We are a countywide resource for Peace of Mind schools and each have responsibility for a geographical area, to help us in establishing positive working relationships with schools and families in that area.

We are here to provide a point of contact for families to help to lead them through the Children and Young People mental health system. We offer family support within the school setting and community venues.

What do we do?

Mental health and emotional wellbeing has never been more important for families and their children. We aim to provide a friendly face when times can be challenging and take some of the stress out of finding help and support for parents and carers.

By helping to remove barriers we aim to empower families and increase their confidence so that they can meaningfully engage with the relevant services and organisations that can help them. We signpost parents and carers to available services and local community activities to provide support for children and young people experiencing mild to moderate mental health needs.

We apply a whole family, outcome focused approach with a view to encouraging Mams, Dads and carers to independently access quality self-help resources and information, with the aim of reducing the need for more specialist intervention later on. We are here to listen and offer support and advice around the issues that may impact on families and their wellbeing.

Contact me

If you think that you would benefit from my support please ring **07769131394** for a conversation to see how best I can help.