



Are you worried about your child?

Is your child feeling anxious, depressed or fearful?

Do you need some support for yourself?

Holding Space are a not for profit community organisation supporting families with their mental health.

“ A SAFE SPACE TO CONNECT WITH OTHER PARENTS, TALK, SHARE AND BE SUPPORTED ”



HOW WE CAN HELP:

We are offering low cost counselling for children aged 7-16 and 1:1 telephone support with a trained facilitator and/or counsellor.

PLEASE SPEAK TO YOUR LOCAL SCHOOL OR CONTACT US DIRECTLY FOR SUPPORT. THIS SERVICE IS COMPLETELY CONFIDENTIAL.

 contact@holdingspace.org.uk

 07922 851207

 www.holdingspace.org.uk

 @EastbourneHoldingSpace