



BRIDGE THE GAP

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Hi! I'm Kat and I'm currently training to become a certified Parent Carer Peer Support Worker.

With a fulfilling and successful career in education, including as a Headteacher, I have always valued the importance of working closely with families. However, several years ago I found myself as the parent that needed help and support when my own child was diagnosed with a mental health illness. The impact on my family was huge.

Navigating systems to find the right care and specialist treatment for my child was complex and overwhelming. At times, I felt utterly lost and alone. I stumbled upon a support group that quickly became my lifeline. Armed with improved knowledge, understanding and confidence, I began to take better care of my own well-being to enable me to be the best support system for my child.

Fast forward to today and my child is in a much better place and family life is back again. The journey to recovery though has had a lasting change on me, both professionally and personally. I understand the fears, doubts, exhaustion and uncertainties that come with caring for a child struggling with their mental health and I want to be there for others who may be feeling the same way.

Having witnessed the power of support, connection and shared lived experiences, I believe that no parent or carer should face these challenges alone. I've come full circle from needing support to now wanting to support others and along the way I have found me again.

Being a parent carer is not an easy role but together we can build a community of support, understanding and hope. I look forward to meeting you in my volunteering role at Bridge the Gap.