



# Parent Support Partners

## Providing families with guidance

Every family deserves support when they are dealing with concerns related to a child's mental health or development. MCCMH's Parent Support Partners (PSP) helps families feel less alone as they care for their child.

A PSP is a trained parent or caregiver who has raised a child with emotional, behavioral, or other mental health challenges, including intellectual and developmental disabilities. Because of their lived experience, a PSP can offer understanding, encouragement, and practical support to other families.

### PSPs are trained to:

- Work with families and help them stay involved in their child's care
- Help parents feel confident, ask questions, and make informed choices
- Encourage families to take part in creating treatment plans and setting goals for their child
- Show parents how to find services and support for their child
- Build strong relationships with families and work with doctors, therapists, teachers, and other care providers



With support from a PSP, families can feel more ready to handle challenges and make good decisions about their child's care. Families who work with a PSP often see positive changes.

They may:

- Improve their physical and mental health
- Take a bigger role in their child's care and treatment
- Feel less stress as a caregiver
- Need fewer emergency or crisis services

PSPs work with families every step of the way, helping them feel more confident, connected, and supported.

**To learn more about MCCMH's PSP program, please call 855-99-MCCMH (855-996-2264).**

**For 24/7 support, call our Crisis Hotline at 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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