



**Edinburgh  
Children's  
Hospital Charity**  
*child first, patient second.*

# Is your child struggling with their mental health?

We know that having a child with a mental health concern affects not just them but the whole family too.



**We're here to help.**

Visit Edinburgh Children's Hospital Charity's  
The Haven at The Fraser Centre, Tranent

# About The Haven

The Haven, based at The Fraser Centre in Tranent, is open to families living within the catchment area of Ross High School and/or registered with Tranent Medical Practice.

We're here to listen, to support and to help you through the challenges that having a child who struggles with their mental health can bring.

Any family who has a child with a mild to moderate mental health concern is welcome. Parents, carers, siblings and grandparents can benefit too. We're here for the whole family.

We offer support in a fully accessible, relaxed and informal setting. We do this through a range of activities we know young people will enjoy. Or, if all you need is a cup of tea and a listening ear, we're here to help you cope.

Our team is there on the good days, the bad days, and everything else in between.

*"Any parent of a child with mental health issues would like to wave a magic wand and heal them completely. But in the absence of that, just knowing that you're not alone makes all the difference."*

*A struggling parent*

**To find out more, visit  
[www.echcharity.org/the-haven](http://www.echcharity.org/the-haven)**

**Follow us on social media:**

  **@echcharity**



## About Edinburgh Children's Hospital Charity (ECHC)

ECHC helps seriously ill children and their families at the Royal Hospital for Children and Young People (RHCYP) and across the East of Scotland by supporting their medical care, mental health and family's wellbeing.

The Haven is based on our highly successful Hub – a very similar drop-in space which helps children and families who need to visit the hospital.

Our research found that 59% of families in Scotland have a child who has experienced a mental health concern. This impacts not just the child but the whole family, who may feel they have nowhere to turn, no one to support their child, and no one to support them.

**We believe this is not right and we need to change it.**

*We hope The Haven will be part of the answer for you.*

# How to find us



## The Haven

The Fraser Centre,  
3 Winton Place,  
Tranent EH33 1AF

### Opening times:

Monday 11.30am - 4.30pm  
Wednesday 3.30pm - 7.30pm  
Friday 1pm - 4.30pm

If you live within the catchment area for Ross High School, Tranent, and/or are registered with Tranent Medical Practice and need support, please call, email or scan the QR code above:

 0131 202 9212

 [thehaven@echcharity.org](mailto:thehaven@echcharity.org)



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