

PARENT SUPPORT PROGRAMME

For parents whose young people are on the CAMHS treatment waiting list!

The 8-week online Parents Support Group is a safe and confidential space for parents to gain information and skills to support their young person as well as receive peer support from other parents.

Starts 31st October 2022

A pink speech bubble containing the text "Parents can self-refer".

**Parents
can self-
refer**

Eligibility

Parents whose adolescents (11-16) are on a CAMHS treatment waiting list for:

**anxiety,
depression,
self-harm
and/or suicidality**

Does NOT include PTSD, an Eating Disorder or ASD, ADHD, significant learning disability

Referrals are welcome from all London CAMHS services (Tier 2&3)

Need more information?

**Please contact us at: 07535 003339 or 020 8343 5705
email: parentsupport@mindeb.org.uk**