

PARENT/CARER SUPPORT PROGRAMME

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

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

Eligibility

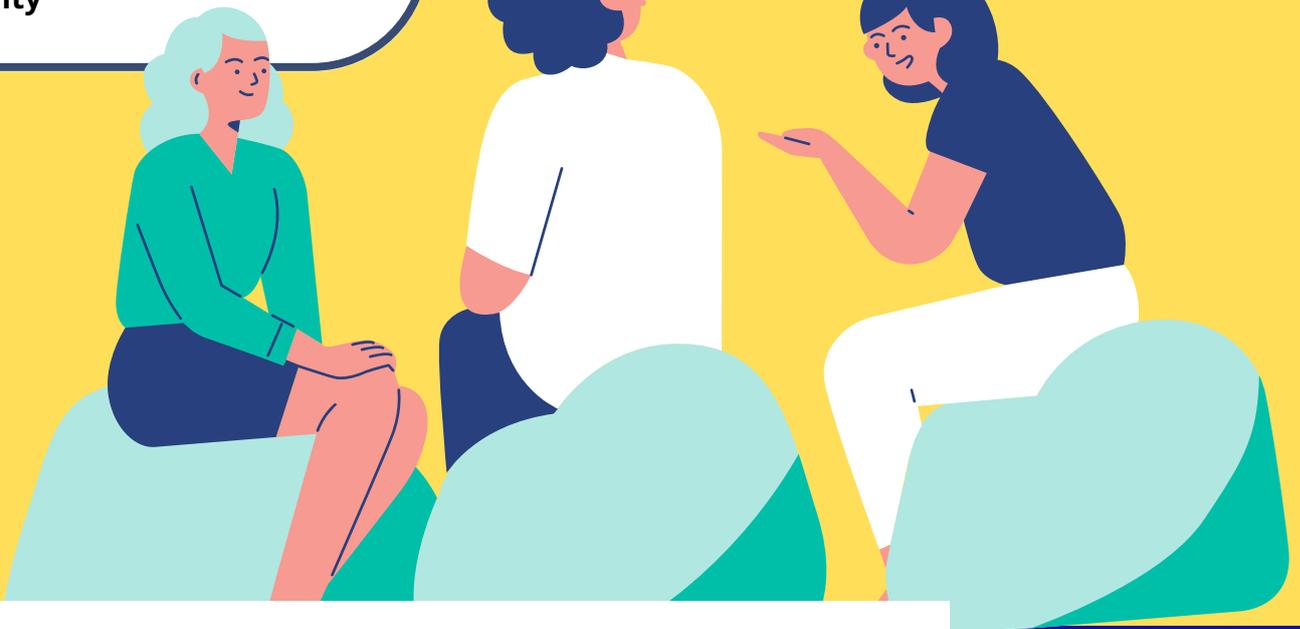
Parent/carers whose adolescents (11-16) are on a **CAMHS treatment waiting list** with the main presenting concerns of:

- anxiety,
- depression,
- self-harm
- and/or suicidality
- Does NOT include PTSD, an eating disorder, significant learning disability

Groups start dates/times

6th Sept (Wed) 17.30-19.00

8th Sept (Fri) 10.00-11.30



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