

## **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.

**Our next programme starts 25th January 2023.**

**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: 020 8343 5705**

**email: [parentsupport@mindeb.org.uk](mailto:parentsupport@mindeb.org.uk)**