

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.

Groups start dates/times:

25th January (Wed) 1.30-3pm

25th January (Wed) 5 -7.30pm

27th January (Fri) 10.00-11.30

Eligibility

Parents 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

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

Need more information?

Please contact us at: 020 8940 7384

email: parentsupport@rbmind.org