

## 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

**Wednesday 6 September 5.30-7pm**

**Friday 8 September 10-11.30am**



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