

“PARENTS IN MIND”

Parents/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.

Open to Enfield, Barnet, Haringey, Camden & Islington borough

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

GROUP STARTS

06/03/2024 (Wednesday)

5.30-7.00PM



**Referrals are welcome from North Central London CAMHS services (Tier 2&3)
(Enfield, Barnet, Haringey, Camden & Islington)**

**Need more information?
Please contact us at: 020 8343 5705
email: parentsupport@mindeb.org.uk**