

PARENTS SUPPORT GROUP OF CHILDREN AND YOUNG PEOPLE ON THE CAMHS WAITING LIST FOR TREATMENTS

The Parents Support Group is aimed to provide support to parents/carers of children/ young people aged 11-16 who have already been assessed by CAMHS and are on the waiting list for treatment. This pilot online group currently only includes children and young people who present with depression, anxiety, self-harm or suicidality.

About the Programme

We recognize that waiting for your child to receive treatment for their mental health can be a **challenging time** for parents.

The 8-week Parent Support Group is a safe and confidential space for parents to gain information and skills to support their young person while they wait and to receive peer support from other parents in a similar position.

Groups will **provide emotional support**, provide **broad strategies** on how to support their children and how to build up their resilience and **gain a better understanding** of their children/young people's needs.

Parents Support Programme dates:

Sept-Oct 22

Nov-Dec 22

Jan-Feb 23

parents can self refer

NB! Before you self-refer, please make sure of the following :

Your child is:

- between 11-16 years old
- on a CAMHS waiting list for treatment (already been assessed)
- the young person's primary presentation is **anxiety, depression, and self harm**
- you are willing to attend an 8-week online program

Unfortunately, this program is currently not suitable for parents/carers of children:

- under 11 or over 16
- children or young people with **autism, ADHD, or significant learning disabilities**
- with other mental health needs such as **eating disorder or PTSD**

Referrals are welcome from the following CAMHS services (Tier 2&3): Croydon, Kingston, Merton, Richmond, Sutton, Wandsworth

Need more information?

Please contact us at: 020 8940 73

email: parentsupport@rbmind.org

