

# 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.

**The next group starts 29th June 2022**

**Need more information?**

**Please contact us at: 07535 003339 or 020 8343 5705**

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

 **Mind**  
Enfield  
and Barnet



# How to join the Parents Support Group?

parents can self refer

**NB! Before you self-refer, please make sure of the following:  
Your child is:**

- 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 disorders or PTSD

**Referrals are welcome from the following CAMHS services (Tier 2&3): Barnet, Camden, Enfield, Haringey and Islington**

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 **Mind**  
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Here for Young People