



An **online 8-week** support group  
for **parents and carers of adolescents (11-16)**  
who are **waiting for CAMHS support for anxiety, low mood,  
depression, self-harm and suicidal ideation, ASD and ADHD**

**At this time we cannot support PTSD, eating disorders or  
significant learning disabilities (program may develop in future)**

# **PARENTS in MIND**

includes:

**Ways to support adolescents' and parents' mental health**  
Mutual **peer support**  
A **safe & confidential space** to share

**Open to Camden, Islington, Barnet, Enfield and Haringey**

For further information, please contact us at 020 8343 5705  
or email [parentsupport@mindeb.org.uk](mailto:parentsupport@mindeb.org.uk)