

Online Education Programme for Parents/ Carers of secondary school aged young people who are using a CAMHS* Clinic, Step2 or Counselling Service.

* Child and Adolescent Mental Health Services

This free course, held over six weeks, will provide you as parents/carers with skills and support to help your child and improve your health and wellbeing.

Learn more about young people's mental health and recovery, effective communication skills, family culture, problem-solving and looking after yourself.

Where: Online over Zoom, start 7pm and finish 9pm.

When: Wednesday's on 20th, 27th April and 4th, 11th, 18th and 25th May.

Booking required contact: jancrook@dsp19.org.uk

The course is for parents/carers of young people who are experiencing a mental health condition. Please state at time of booking which service your child is using - a CAMHS Clinic, Step2 or Counselling. We have found the course content is not helpful for parent/carers of young people with an autistic spectrum condition.

About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX

Tel: 01992 58 69 69

Email: contact@carersinherts.org.uk

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Our support for parents and carers.

We have Involvement and Development Workers supporting carers of someone with a mental health condition or who misuses drugs or alcohol, who can provide information relevant to your caring role and can help you to speak up to those providing or planning local services.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

