

Sometimes families may need a little help finding ways to support their children and the struggles they may be facing.

It is often difficult to understand and find the best methods to support someone struggling with their mental health when you are struggling too. Parenting Support Groups are available to help you do this.

Triple P

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world.

Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems developing.

The Incredible Years

The Incredible Years is a series of evidence-based programs for parents, children and teachers, the goal is to prevent and treat young children's behaviour problems and promote their social, emotional and academic competence.

The program is often delivered over a period of time in groups and teaches skills needed to guide your child through their development and support them with their difficulties.

Parenting Support Groups

Parenting Support Groups at CAMHS

Alongside the clinician you will decide whether a support group will benefit you. If you need to learn some new skills or brush up on others you can join the next group available.

<https://www.triplep.net/glo-en/home/>

<http://www.incredibleyears.com/>

