Dear Parent/Carer,

**A call for your support with valuable research seeking to improve young people’s mental health**

We are a research team from the Wolfson Centre for Young People’s Mental Health at Cardiff University.

We are looking for parents/carers who have experienced low mood or depression, and their child (aged 13-18 years), to take part in our study which is aimed at**helping young people & their parents/carers with their mental health management skills**. The study seeks to provide early support to young people who could be at risk of developing mental health difficulties by teaching them **skills to manage day-to-day stresses** common in adolescence.

Given the current prevalence of mental health challenges in our community, we hope that you will be interested in taking part. Doing so has potential to **provide you and your child with valuable mental health support.**  You will also be contributing to scientific understanding as to the most effective approaches in supporting the mental wellbeing of young people and their families.

Our study is called the **Skills for Adolescent WELLbeing (SWELL)**. Young people identified as at risk of developing depression who take part in the study will either receive a preventative cognitive behavioural intervention (CBT) or their usual care that is available in the community.

Research also shows that preventative interventions of this sort are less effective when the parent of a child receiving the intervention is depressed themselves. Therefore, the study **will also offer NHS recommended treatment for the parents/carers**who are currently experiencing depression.

**Who we are looking for:**

* Parents/carers who have experienced low mood or depression, and have a child aged 13-18 years
* Both parent/carer and their child are interested in taking part in the trial

**What are the potential benefits to you and your child?**

**Young Person**

* Joins an 11-session on-line CBT (Cognitive Behaviour Therapy) evidence-based psychological intervention (normally outside of school hours, unless otherwise agreed) in which they learn skills for managing their wellbeing\*\*
* Each young person and each parent will receive a small voucher 'thank you' - total value of at least £60

**Parent/Carer**

* Parents/carers who are currently experiencing depressive symptoms will be invited to receive a 12-week program of support led by our trial psychiatrists
* Each parent/carer will receive a small voucher 'thank you' - at least £60

\*\* Please Note: In order for the trial to be conducted at the highest standard it is what is called a ‘randomised control trial’. This means that 50% of the young people taking part will be randomly assigned (by a computer program) to attend the CBT intervention and 50% will be randomly assigned to a control group i.e., will not be able to attend the CBT intervention.

If you are interested in taking part in the trial, please visit our website [**bit.ly/wcSWELL**](https://www.cardiff.ac.uk/wolfson-centre-for-young-peoples-mental-health/take-part/ws3-clinical-trial) for more information and visit [**redcap.link/SWELL**](https://ncmh-surveys.cardiff.ac.uk/redcap/surveys/?s=ARELCFWHTDFJJR8P) to complete a short Expression of Interest form. If you complete this form, the study team will get in touch to give you more information and to see whether you and your child are eligible to take part.

Alternatively, you can get in touch with the team directly via email: [SWELL@cardiff.ac.uk](mailto:SWELL@cardiff.ac.uk) or via text/phone call: **07720145111**.

We look forward to hearing from you.

Yours Sincerely,

The SWELL study team

