

Are you a parent who has had depression or struggled with low mood?

Do you have a child aged 13-19?



Our study will...

offer young people the opportunity to learn wellbeing skills through an online cognitive behavioural therapy (CBT) group program

and...

offer additional support to parents with depressive symptoms

Receive up to
£160 in vouchers

WE WANT TO HEAR FROM YOU

Scan the QR code to register your interest in taking part



Please get in touch:

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Wolfson Centre
for Young People's Mental Health
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