



8th May 2026

# Help for parents & carers of children and young people struggling with mental health

## The mental health crisis in young people:

- 20% of young people experience a mental health crisis in any given year.
- 50% of mental health problems are established by the age of 14.
- Young people in Devon often wait 18+ months for a CAMHS assessment for mental health problems.

## What help are we offering parents & carers:

Our Power2Parent course is for parents and carers whose child or teen is suffering with their emotions, behaviour and mental health. This might be anxiety, depression, self-harm or any other mental or emotional health condition.

It guides parents to support their child/young person's mental health and wellbeing.

The sessions will be informal, parent led, drawing on lived experience with a focus on:

- Psychoeducation & skills training:  
Guiding parents/carers to support the recovery of a young person suffering with their mental health using our evidence based clinical intervention.
- Parental self-care:  
Teaching parents how to care for their own mental and emotional health to best support their child.
- Peer support:  
Having someone who's going through a similar struggle by your side can make all the difference. Peer support provides a unique understanding and encouragement that helps us overcome our challenges.

## Delivered via Zoom:

We are running this P2P course Zoom, starting in June 2026. It will be a series of 1.5 hour long sessions, running fortnightly and is free-to-access for parents and carers.



Parents and carers interested in learning more can attend one of our Information Sessions which will be held at **1pm on Tuesday 2nd June** and **7pm on Wednesday 3rd June 2026** via Zoom. They will be relaxed, informal sessions led by parents who understand what it is like to have a child suffering with mental and emotional health. They can register for the Information Session using this link:

[www.calendly.com/ymhf/information-session-zoom](http://www.calendly.com/ymhf/information-session-zoom)

#### **Session leaders:**

Claire – Founder of YMHF and mother to three children. Her lived experience of guiding her neurodiverse teenage daughter’s recovery from anxiety, depression, self-harm and eating disorders led to her creating the Power2Parent course and coaching thousands of parents, carers and healthcare professionals around the world.

Joel – Founder of YMHF and passionate about sharing a father's perspective on the issue of youth mental health. He is dedicated to coaching parents to play a key role supporting their child or teen's healing and promoting awareness amongst healthcare professionals globally.

Jade – a 21-year-old with lived experience of both living with and subsequently recovering from mental health challenges. She provides parents with invaluable insight into the pressures, motivators and experience of a young person struggling with their mental health.

#### **Parent testimonials:**

Listen to an interview with parents who have completed the Power2Parent programme here:

<https://pod.fo/e/287c24>

#### **Funding:**

This programme is free-to-access for parents and carers thanks to funding provided by Cornwall Community Foundation and Sedel-Collings Foundation.

#### **About Us:**

The Youth Mental Health Foundation C.I.C. is a Devon & Cornwall based not-for-profit organisation that supports young people’s mental health.

#### **Next steps:**

Please discuss our programme and share our leaflets with any families that you think would benefit from the support.

Joel Sutton

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