

ABC Parents
Haringey & Enfield
in partnership with
ENFIELD IAPT
presents

**Self-help for
Common Mental Health Problems**
4 Part Series

**Low Mood
&
Depression**

16th November 2022

Anxiety & Worry

23rd November 2022

Sleep & Relaxation

7th December 2022

**Stress
&
Stress Management**

30th November 2022

“ Being a parent can be joyful, exciting and rewarding. It can also feel overwhelming at times and can have its challenges. ”

” It's common to experience feelings of low mood, worry, stress, irritability and overwhelm ”

This programme will look at common mental health problems and how they affect us, and provide practical self-help strategies and techniques to manage better.

Eligibility criteria

- Parents with children up to the age of 5 years old;
- Experiencing mild to moderate depression, anxiety and/or stress;

Let's Talk IAPT is a free NHS, psychological therapy service offering support for a range of common mental health difficulties such as depression and anxiety, panic disorder, phobias, OCD, PTSD and more.

SCAN TO SIGN UP



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