

Supporting young people's and families' mental health and wellbeing:

examples and perspectives from parents

The HeadStart programme

Contents

HeadStart Kernow in Cornwall

Supporting Parents and Children Emotionally (SPACE)*

Learning new techniques and strategies.



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Providing more feedback.

Supporting ongoing peer relationships.

Implications

References

Qualitative

Research in Psychology, 3

Resilient therapy: Working with children
and families.
