

PIPA

An online **P**arenting **I**ntervention to **P**revent affective disorders in high-risk **A**dolescents:
The PIPA Trial

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The PIPA trial is exploring the effectiveness of an online resource for parents/carers to help reduce depression and anxiety in young people.

Who can take part?

With the assistance of schools, we will be recruiting families of young people aged 11-15 from Birmingham, Coventry and surrounding areas.

What does it involve?

Parents/carers and young people will be asked to fill in some online questionnaires and parents/carers will be invited to work through a series of online modules or factsheets.

Benefits for families

Improve knowledge of mental health and emotional wellbeing in young people. Pick up some useful tips and strategies to help support young people.

Get in touch!

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