

parental

mental health team

What to do next:

Please speak to your Adult Mental Health Care Coordinator and discuss referral to our service.



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Working with children and parents where a parent is experiencing mental health difficulties

The Parental Mental Health Team works together with our adult mental health colleagues to help children, young people and their families where a parent or carer is experiencing mental health difficulties.

Introduction

Many parents who use Adult Mental Health Services tell us that they are concerned about the effects their difficulties might be having on their children. They may worry about feeling blamed or judged. We know that most parents are able to meet the needs of their children most of the time but occasionally need some extra help from family or professionals at difficult times. We also know that some children whose parents are having mental health difficulties can develop emotional or behavioural difficulties themselves. There are many reasons for this - some are short lived and easily solved; others are more complicated and take longer to resolve.

The aims of the service

The Parental Mental Health Team aims to work with families and adult mental health colleagues to understand the needs of children and young people and to find solutions and strategies to help.

We offer therapeutic work with parents and children, consultation and joint work with adult mental health professionals to ensure that all aspects of children's needs are addressed.

Who we are

The team consists of a Clinical Psychologist, Family Therapist and

Consultant Child and Adolescent Psychiatrist. We are trained to work therapeutically with children, adults and with whole families, and especially to consider how parents suffering from mental health problems can care for their children.

Meeting with you

The Parental Mental Health Team can meet with children, young people and their families either in the Community Mental Health Team base or in the Child and Family Consultation Service. We would ensure that we met in a place that was convenient, and appropriate for the children. Sometimes it may be helpful to meet in other locations, for example - at home, at a children's centre, school or health centre.

Interpreters

If English is not your first language please let us know and we will arrange for an interpreter.

How confidential is our service

We are aware that families have concerns about their information being shared. In order to ensure the best possible service, we share this information within the team, and would ensure that we did not talk to anyone else without your permission. The only exception would be where we are concerned about the safety and well being of a child, or another person.

Comments and complaints

If you have any suggestions about how we may improve our service or feel that you have reason to complain, please let us know.

