

## WHAT WE DO

Supporting Families in Mental Illness Taranaki have a Family Worker to work with young people aged 10-18 years old in North, Central and South Taranaki.

### Service includes:

- ♦ one on one support,
- ♦ work with whanau
- ♦ peer support groups called UP for 10-13 year olds and 13-16 year olds
- ♦ Caregivers with babies can access Circle of Security groups

Referrals are accepted from Community Mental Health Agencies. Self-referrals are considered.

Please contact Supporting Families in Mental Illness Taranaki for more information

## WHANAU/FAMILY

Our team understands that having a mental illness or addiction may add some challenges when it comes to parenting, if you are looking for some support then please contact us.

We welcome you, your whanau, kaumatua, kuia or friends as support people. You can come to our office or we will meet you where you are most comfortable ie home, school, marae.



*Nā tō rourou, nā taku rourou ka ora ai te iwi*

*With your food basket and my food basket the people will thrive*



## Supporting Parents, Healthy Children (SPHC)



**A support service for families with children whose parents experience a mental illness or addiction**



Brougham House  
50 Devon St. West  
PO Box 8291  
NEW PLYMOUTH  
Phone 06 757 9300

## Parental Mental Illness and Addiction

Growing up and parenting both get a lot tougher if your 'e dealing with mental illness as well. At Supporting Families we know all about the 'down days' and the 'up days'. We have been there too. It has helped us to talk about it and get support.

We know that a friendly welcome, someone to listen, kind words and encouragement can help us feel better about ourselves and our children.

We all love our children and want to do the best for them. It helps our children and young people to have an understanding of what mental illness and recovery means and strategies for coping with the 'not so good' days.

Children or young people who have a parent with an mental illness or addiction require information, need their experiences validated and normalised and to have the confidence to talk with their peers and other adults.

It helps to talk with someone else that 'gets it', to hear that it's ok and that it's not their fault that Mum or Dad is not well.

Let's meet up!

Ring or text Kelly  
021822629 or 067579300



## YOUNG PEOPLE ASK...

### What is this mental illness thing?

*What are the causes? Is it contagious?*

*Will I get it?*

### Why does it happen to my parent?

*Is it mysterious? Did I cause it? Can I fix it?*

### Who can I count on?

*Who is there to help me? Who do I call?*

### Who and what can help?

*What are the different roles of mental health professionals? What are the treatment options?*

### Is it my job to help my parent?

*Can I make my parents better? How?*

### How can I cope through all of this?

*Are my feelings normal? How can I express my feelings when they are confusing or overwhelming?*

**Is it okay to forget about it sometimes and just do normal things like hang out with my friends?**

## Supporting Parents Healthy Children

At Supporting Families we can support parents and look out for children.

We guide parents through those important conversations with their children or young people.

We have a peer support group called UP for your children or young people (10-16 yrs) where they hang out, make stuff and learn about mental illness or addiction. They also learn about how to stay connected, and how to stay cool and keep safe in stressful times.

UP is a playful approach that uses zines, art, games, music and short videos to get messages across to children and young people about how to look after themselves, buoy themselves up and help their parent without taking responsibility for them.

Conversations and activities help children grow resilience and allows them to create a 'self-care toolbox' for themselves.

A safe confidential and friendly space is provided.



**Supporting Parents Healthy Children**  
TE TAUTOKO I NGA MĀTUA ME NGA TAMARIKI MAUORA  
SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN