

Now, how about you?

Always remember that just because Mam or Dad has a Mental Health difficulty does not necessarily mean that you will develop one.

Young people might have lots of different thoughts and feelings when a parent has a Mental Health difficulty and may feel that people might not understand

Angry "Mum get your act together I've my own life to live..."

"Why is my life so hard?"

Sad "Why can't my family be normal?"

Worried Guilty

What Can I do?
Problems feel smaller
when you share them.....

- You can talk to your Mam or Dad about why they are sad or cross.
- You can always confide/talk to someone i.e a friend/family member or professional.
- Getting involved in activities you like doing such as sports, art or music can be a great support.

Support services

You are not alone- there is so much help out there for you and your family

- ♦ Aware (01) 661 7211
- ♦ Childline 1800666666
- ♦ hse.ie
- ♦ tusla.ie
- ♦ Foroige.ie -
 - Westport NYP (098) 29218
 - Castlebar NYP (094) 906 0417
 - Ballina NYP (096) 22012
- ♦ Grow.ie
- ♦ GP
- ♦ Ispcc (094) 902 5254
- ♦ Letsomeoneknow.ie
- ♦ mindspacemayo.ie
- ♦ Reachout.ie
- ♦ Samaritans 116 123
- ♦ Spunout.ie
- ♦ The EDGE Project (094) 9042510
- ♦ Yourmentalhealth.ie

For young people
who have parents with
Mental Health difficulties



Wellbeing Individual
Negative
Cope Normal storm
Feel Stress Act
Think Help
Not Alone Positive



What can trigger Mental Health difficulties:

- ◆ Trauma
- ◆ Life changes
- ◆ Drugs and Alcohol
- ◆ Grief and Loss
- ◆ Bullying

Depression

- ◆ Depression can include persistent feelings of sadness, losing interest in activities, feeling tired, bad, worthless, anxious, and having negative thoughts.
- ◆ Mam is feeling very sad
- ◆ Dad has lost interest in activities he used to enjoy
- ◆ Mam is constantly tired and lacks motivation
- ◆ I feel like Dad has no time for me anymore

Anxiety

- ◆ Anxiety can affect a person's thoughts, feelings and behaviours, and may affect how they act in different situations.
- ◆ Mam doesn't get a lot of sleep
- ◆ Dad is unable to relax
- ◆ Mam has no time for family or friends anymore

Psychosis

- ◆ Psychosis can include feelings of isolation from family and friends, not sleeping well, neglecting appearance or hygiene, difficulty concentrating, talking or writing about things that don't make sense and being extremely anxious or panicky.
- ◆ Dad has neglected his appearance and hygiene.
- ◆ Mam has hallucinations seeing & hearing things that aren't there.
- ◆ Dad talks about things that don't make sense.
- ◆ Mam is fearing without reason, that others are watching her or planning to harm her.

Bipolar Disorder

- ◆ People with Bipolar Disorder can experience feelings of extreme highs and lows. When Mam or Dad is high they may talk very fast about things or have very unrealistic ideas; they may need very little sleep and may behave in an unpredictable manner.
- ◆ When Mam or Dad is low they may have many of the symptoms of Depression. For example, they may have very little interest in doing things and may find it hard to concentrate.



There is always help/support for parents:

- ◆ Your Mam/Dad could be treated in the community by their GP or in a service specifically for people with Mental Health difficulties.
- ◆ Please remember all parents can achieve a level of recovery but it can look different for everyone. Some may still have symptoms but can live fulfilled lives.
- ◆ Your Mam/Dad may need to go to hospital if they need extra Mental Health support - but you can visit your parent while they're there.
- ◆ If you don't visit you can ring, text or write to them.
- ◆ There are lots of supports available, such as, GPs, Counsellors, etc.

