



There are lots of people, like your family GP, who can help Mum or Dad to figure out what's going on.

The Mental Health doctor who will help your Mum or Dad is usually called a Psychiatrist. Your parent might need to visit this doctor a number of times. They might also need to take tablets to help them feel better. They may need to go to hospital for a time if things get too hard for them.

NOW...LET'S THINK ABOUT WHO IS GOING TO HELP YOU. MAYBE YOU HAVE SOME QUESTIONS. WHO WOULD YOU ASK?

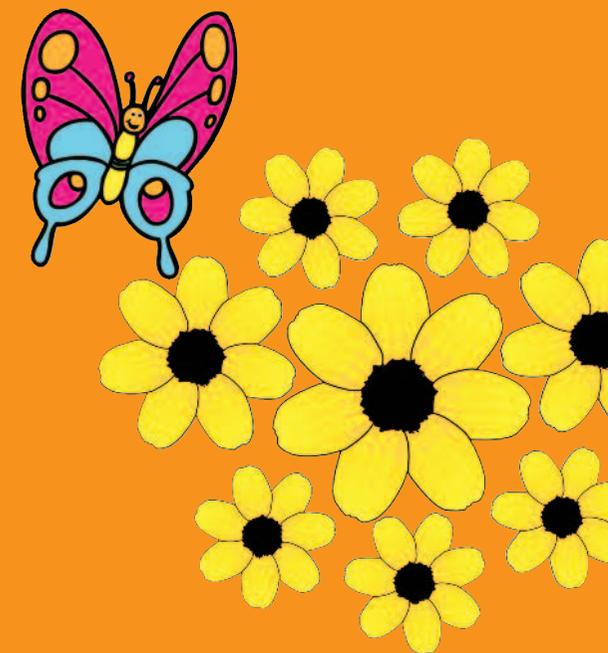


Grab a page and trace around your own hand, and on each finger write the name (and telephone number) of someone you trust to talk about your worries. And think about what questions you can ask them



IT'S REALLY IMPORTANT TO TALK ABOUT YOUR FEELINGS AND REMEMBER YOU ARE NOT ALONE

# HELPING YOU UNDERSTAND YOUR PARENT'S MENTAL HEALTH



A guide for young children whose parent has a Mental Health difficulty



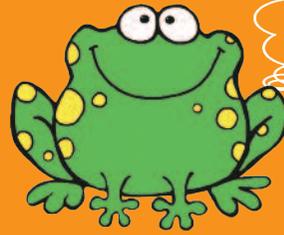
This leaflet was produced by the Mayo Child and Family Mental Health Initiative



WHAT DOES MENTAL HEALTH MEAN?

Mental Health is about feeling OK in your mind and being able to manage things in your everyday life.

Sometimes people's Mental Health can become unwell and they can become very sad or very worried. I will help you to understand this a little more...



IS THERE A NAME FOR IT?

Remember we talked about someone being sad a lot? This can be called depression. When someone worries a lot that can be called anxiety.

When Mum or Dad is like this I know that it can be very hard for you. You might feel lots of feelings like

CONFUSION  
SADNESS  
FEAR  
ANGER  
HELPLESSNESS  
WORRY  
HURT

HOW DOES A PERSON'S MENTAL HEALTH BECOME UNWELL?



Sometimes difficult things happen in life and become too much to cope with. It is SO important to remember that it is not your fault if your Mum or Dad is feeling sad or unwell in their Mental Health.

HOW WILL I KNOW THAT MUM OR DAD IS GETTING UNWELL?



People can feel and behave differently but some signs include:

- Being tired all the time
- Being cross and angry a lot for no reason
- Being sad and crying a lot
- Hearing voices or seeing things that no-one else can
- Wanting to be left alone a lot
- Being confused a lot
- Not wanting to wash, dress or leave the house

You might even feel guilty but...

It's important to remember it is not your fault

