

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

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 MATUA ME NGA TAMARIKI MAUORA
SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN