ABBEY SCHOOL TORQUAY

Supporting Families

ADULT MENTAL HEALTH

All families face challenges, but life can feel additionally stressful if you have mental health difficulties.
Mental health problems can vary in terms of how severe they are and how they affect you. You may need regular extra support or be fine for long stretches and have periods when you need more help. Or other stressful life experiences may make things more challenging: for example, money problems or a relationship breakdown can negatively affect your mental health.

When you're unwell, you may find it difficult to:

- Deal with the daily challenges of parenting, for example, if you have low energy because of depression or feel very worried because of anxiety
- Manage your emotions.
- Manage your child's behaviour or set boundaries for them
- Care for your children, either physically or emotionally

How does Adult Mental Health affect children?

Many children with a family member with a mental health problem don't experience any negative effects. But some children can be affected if the adult isn't getting enough support. They might:

- Find it hard to make friends or experience bullying
- Put their family's needs before their own.
- Have negative feelings about their parent's mental health problem.
- Keep their worries to themselves and not feel they can share them
- Take on a caring role.
- Worry about their family member.

Protective Factors for Children

- When the adult acknowledges their difficulties and seeks support.
- Working with agencies that take a 'whole family' approach.
- Being parented in a consistent way.
- Wider community support (e.g. through a faith group).
- Having support from other trusted adults (e.g. caregivers, teachers).

Where can I get support for my mental health locally?

If you need support with your mental health, then talking to your GP is a good first step. They will be able to refer you for appropriate support and discuss medication if appropriate.

Centre Peace are a local charity offering free counselling.

Centre Peace
Supporting the local community

Self-refer to Talkworks for mental health support, counselling and workshops

NHS TALKWORKS

Andy's Man Club – support for men.

#ITSOKAYTOTALK

The Mooring offer crisis support locally in-person or virtually.

mhm mentalhealthmatters The Mooring

Counselling Directory

You can search for private counsellors and therapists using Counselling Directory.

Support for specific concerns or mental health issues

Sometimes we experience specific mental health issues and it can be helpful to talk to someone who is an expert in that field (e.g. abuse, miscarriage, financial worries, separation etc). Torbay Family Hub has really useful links to specific agencies locally and nationally that can help.

Familyhub TORBAY

If you would like support to self-refer, we are always happy to help you.