



# SUPPORTING OUR FAMILY

## CARE PLAN

Being a parent can be rewarding, however it can be very challenging at times – more so if you or your partner experience mental health issues from time to time. Planning for your children’s needs is important and ensures that you and your child have a say in what happens to them should you become unwell.

### Important phone numbers:

My support worker (name & number) \_\_\_\_\_  
Kids Helpline.....“Whatsup”.....0800 942 87 87  
Parent Helpline .....0800 568 856  
Crisis Team (mental health).....0800 800 508  
Emergency (Fire, Ambulance, Police).....111

# Introduction

Parents who have experienced mental illness have said that they can face unique challenges on top of the usual challenges of parenting such as housing, employment, financial constraints and childcare. Some parents have said that it can be difficult to discuss their mental illness with their children and that mental health services do not always recognise their role as a parent.

This Child's Care Plan has been developed to support children and help parents if they become unwell and are temporarily unable to care for their children. It encourages thinking ahead, to be prepared in the event your mental illness (or any other major illness) may result in difficulties responding to all the needs of your children for a period of time. A support contacts page has been included, so that important contact numbers can be in one easy to find place, so your child can reach the people they can trust, for use in times when they have any worries they need to talk to someone about.

It is important to include your child in the planning and ask for their ideas. It can be so reassuring for your child to know what will happen should you become unwell and either need some respite or to spend time in hospital.



# MY PLAN



My name is \_\_\_\_\_

I am a  boy  girl, aged \_\_\_\_\_ years old.

I live at: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My phone number is: \_\_\_\_\_/cell \_\_\_\_\_



# My Family

My parents & caregivers are:

name	address	phone number

My brother & sisters are:

name	brother or sister	age

# My Support contact numbers

**“You need to find someone you can trust to talk to”**

Often people get support from their family when times are tough, but sometimes families are too stressed and are unable to give you the support you need. You may need to look for support from friends or other people in the community.

## Creating my Support list...

**What to do:** Make a list of all the people you can trust and could call if you needed help. This may be a family member, a teacher, a friend’s mum or dad, someone from church etc.

**Why?** This is so you and other people have a list of your most important support people in one easy-to-find spot.

name	phone number



This is the plan if my parent needs to get some extra support if they get unwell

## The Plan



I live with: \_\_\_\_\_

If \_\_\_\_\_ has to go to hospital and I need someone to look after me for a while:

- I will go and stay with one of these people
- One of these people will stay with me

name	their relationship to me	phone number

A grown up will make sure it's OK for me to stay with these people or whanau



If I am going to stay with people (tick 1):

- I would like them to pick me up at home
- I would like to be dropped off at their place by \_\_\_\_\_
- I would like this to happen \_\_\_\_\_  
\_\_\_\_\_

While my parent is away they will be staying at \_\_\_\_\_

I can visit at these times \_\_\_\_\_

or phone on \_\_\_\_\_

## My special things

When I stay with other family and whanau, it is important to me that I take with me (include favourite toys, photos, clothes, bedding, pillows, games etc.)

\_\_\_\_\_  
\_\_\_\_\_

My favourite foods are: \_\_\_\_\_

My favourite TV show is: \_\_\_\_\_

Things I like to do are: \_\_\_\_\_

Is it OK to have friends over to play: \_\_\_\_\_

I will get pocket money from: \_\_\_\_\_

## My Pets



name	type of animal	things they need

My pet/s will be cared for by: \_\_\_\_\_

## School



It may be helpful to have people at school who know a bit about what's going on, so they can make things easier for you. Many children find school harder work when their parent is unwell.

My school is: \_\_\_\_\_

Phone number: \_\_\_\_\_

Name of a teacher or counsellor at school that can give me support, to help me through the tough days: \_\_\_\_\_

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## Medical information



My doctor's name is: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

Is there anything you are allergic to: \_\_\_\_\_

Medicine you need to take: \_\_\_\_\_

Is there anything important that your caregiver needs to know about?



## Other things to think about

If something is worrying me I will talk to: \_\_\_\_\_

I would like to be told what is happening to my parent/s by: \_\_\_\_\_

If my parent is not feeling well I can talk to: \_\_\_\_\_

Other things I need to remember: \_\_\_\_\_

The person who will put this plan into action if my parent becomes unwell is:

\_\_\_\_\_

## Signing off

This is the important part... to get everyone involved in your support and the support of your family, to show that they have read your plan, and know what your wishes are if this plan needs to be put into action.

I have agreed to this plan being put into action by

### Signatures

Child

X

Parent/Carer

X

Parent/Carer

X

Support Worker

X

Date:

/ /

Who else will have a copy of this plan?