

The Research Study

Family Talk has been shown to help families in many countries. The HSE has funded a research team in Maynooth University to see how *Family Talk* works for parents and children in Ireland. The name of the research is PRIMERA. More details can be found at:

<https://cmhcr.eu/primera-programme/>

Ask your mental health care professional today if *Family Talk* is suitable for your family



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Family Talk

**STRONGER
TOGETHER**



A new service for the whole family when a parent has mental health challenges

Family Talk

This programme – new in Ireland – provides support for families where a parent has mental health difficulties and has children aged 5-18 years.

This 6-10 week course is designed for the whole family. There are sessions for parents, children and the whole family.

Possible benefits for the family:

- Helps parents and children have a better understanding of mental health challenges
- Assists parents and children to talk about mental health and to support each other
- Helps children and parents to cope better and still live well even with mental health difficulties
- Supports parents' coping and problem-solving skills and help them manage mental health difficulties
- Builds a child's resilience to developing mental health difficulties.

What do I do if I'm interested in *Family Talk*?

1. Ask your key worker or clinician with whom you work, if *Family Talk* is suitable for your family
2. Complete the Expression of Interest form and return it to a staff member today
3. Call the relevant *Family Talk* contact person listed on the back of this page.



Expression of Interest

Please complete this form and return it to the mental health team in your area.

Name:

Address:

Mobile/Contact no.:

Email Address:

Child(ren)'s age(s):

Signature:

Date: _____