

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



FAMILY TALK CONTACTS:

Blackrock, AMHS SJOG Cluain Mhuire
Adele Kane Senior Social Worker
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Carlow, AMHS
Sean O'Neill Family Therapist
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Drogheda, AMHS
Shireen O'Neill Social Worker
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Geraldine Rice Social Worker
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Principal Social Worker
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Dublin South/Kildare/West Wicklow
CAMHS, Linn Dara
Celine O'Connor Principal Social Worker
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Galway, AMHS
Liz Cleary Senior Social Worker
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Midlands CAMHS/YAMHS
Fiona Coyle Principle Social Worker
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Mayo, Castlebar, CAMHS
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*Tusla, Social Work Prevention,
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Louth/Meath
Emma Gorby Social Care Leader
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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 service – new in Ireland – helps support families where a parent has mental health difficulties and has children aged 5-18 years.

Family Talk is a 6-10 week course for the whole family. There are meetings with parents, children and the whole family.

Benefits for the whole family

- Recognising your parenting role and involving your family in your care helps your mental health recovery
- Helps parents and children to understand mental health difficulties
- Helps parents and children to talk openly about mental health and to support each other
- Helps parents and children to develop effective coping skills and to live well even with mental health difficulties
- Helps stop children from developing mental health problems in the future

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. Fill in the Expression of Interest form and give it to a staff member today
3. Call the *Family Talk* contact person in your area listed on the back of this page.



Expression of Interest

Please fill in this form and give it to the mental health team in your area.

Name:

Address:

Mobile/Contact no.:

Child(ren)'s age(s):

Signature:

Date: _____