

## 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:

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**Sean O'Neill** Family Therapist  
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**Dublin South/Kildare/West Wicklow**  
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**Mayo, Castlebar, CAMHS**  
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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:**

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**Address:**

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**Mobile/Contact no.:**

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**Child(ren)'s age(s):**

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**Signature:**

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**Date:** \_\_\_\_\_