



Who Cares?

Training overview

Principles

- Provide students with a good explanation of parental mental illness that they can understand.
- Reassure those affected by a parent's mental illness that they are not alone and take steps to support them.
- Make sure the students know that talking to someone they trust and taking time to do the activities they enjoy can help.

Five key areas of change

1. **Understand** – Establish key members of staff with responsibility for addressing the needs of children
2. **Inform** – Share knowledge about the needs, tackle stigma and social isolation
3. **Identify** – Children self-identify and staff estimate the number of children likely to need to support
4. **Listen** – Listen to and consult children about their needs and create space to talk
5. **Support** – Signpost whole family resources and services outside the school

Steps

Awareness-raising session (half day or a series of shorter 'twilight' sessions)

Our Time will meet with school staff and leaders to introduce the subject of parental mental illness. We can run this as a half-day session or a series of shorter 'twilight' sessions. It will include an assessment of your needs, what you are doing already and how this fits into your schedule.

Staff Training (half day)

A date and venue will be agreed for the training, and participants will prepare for the session with some light reading and short videos.

This session is specifically designed for staff who are in direct and regular contact with children and young people, so you may wish to be more selective about who attends this. The training is an interactive half-day session exploring materials and methods, which will also enable staff to become familiar with the terminology, concepts and way of explaining mental illness.

Implementation

The learning and resources provided during and post training will equip staff with the knowledge and skills to support young people affected by parental mental illness through a range of tried and tested methods, which can be adapted to suit the school's needs, structure and resources.



Helping young people affected by
parental mental illness