Interviews done by Helena.
(H – Helena / P – parent)

INTERVIEWS (parents being interviewed)

Interview 1
Parent: So I think the advice I’d give people or parents that are in my situation and experiencing mental health problems are that it’s okay to talk. I think a lot of people, especially myself, when I was first diagnosed with mental health problems I was scared to talk knowing that I’m a mother and that you know your first instinct is to protect your children and it’s hard sometimes to reach out thinking that you’re going to be judged. But it’s okay to talk. Like there are people that will listen. Just you can feel quite isolated dealing with the demands of everyday motherhood and not having anybody to talk to while you are struggling, so my advice would be just to talk and keep on talking, don’t stop talking.

Interview 2
Parent: KidsTime has helped me by being with a group of people that have experienced or are experiencing mental health problems, and having that space to discuss things that are going on in a friendly, and more of an informal manner, but knowing that you have support and that you’re not alone and knowing that there are other people you can relate to is a big thing for me.

Interview 3
Parent: I think what is needed from agencies that work with families in my situation is that they are more open and more respectful when they are dealing with people with mental health and that there’s more information and more knowledge given so that when we are speaking to them we know that they have the best of our abilities and that they’re more patient towards us as well.

Interview 4
Parent: KidsTime has helped myself and my son to learn about my mental health, together. It’s somewhere that we come that we get great support from different agencies. There’s a great understanding of how they can help us, how they can help myself, my child and also it’s a place that you are accepted to have mental health and it not be a stigma. For the first time you can openly talk about what any of your issues are, any of your concerns and there are people there, who can, if not help you directly, can help you get hold of the agencies who can help you.