

A young woman with light brown hair tied back, wearing a dark blue school blazer, white shirt, and a dark tie with yellow diagonal stripes, is looking down at her smartphone. The background is blurred, showing other people in a school setting.

**An average of eight
young people in every
classroom have a parent
with a mental illness**

Who Cares?

Our Time

Helping young people affected by
parental mental illness

Around 3.4 million children and young people in the UK live with a parent who has a mental illness. Without help, 70% of them will develop mental health problems in their youth.

However, there's evidence that when children are helped to develop a way of understanding mental illness, their resilience improves. Those affected say that **knowing they are not alone, receiving a clear explanation of mental illness, and speaking to a trusted person** makes a huge difference in their lives.

On top of this, understanding, combined with positive school experiences and the opportunity to challenge negativity from others, can improve attendance, participation and attainment.

The 'Who Cares?' programme

"Through 'Who Cares?' we have become a mental health aware school. It has become embedded in our culture and something we, staff and students, are very proud of."

- Anita Frier, Principal, Stoke Damerel Community College

Our Time's national 'Who Cares?' programme uses a model of explanation and understanding, which can be used in schools as both a learning tool, to inform staff and pupils, and to help the children of parents with mental illness. We also use a whole-school approach that builds upon existing expertise and support structures within the school. By working with us you can make a practical difference to the lives of students affected by parental mental illness.

What's included?

Included within the programme is a comprehensive portfolio of resources, as well as staff training and guidance to address the needs of young people affected by parental mental illness and the attitudes of others towards them.



Training

The aim of our training is not for staff to become counsellors, but to create an environment where students who have an unwell parent are supported positively without feeling singled out.

We equip staff with simple but powerful skills and key learning developed collaboratively by teachers and health professionals.

The training builds staff's confidence around parental mental illness and demonstrates how they can apply their skills when raising awareness of and supporting those affected by the issue.

Prices

Training is split into two 2.5-hour sessions, which can take place during the day or evening, and the total cost is £600.

The first is an awareness-raising session for the whole school, and the second is specifically designed for staff who are in direct and regular contact with children and young people.

Email contact@ourtime.org.uk to find out more about running 'Who Cares?' in your school.

*“The world is no longer such a dark and frightening place. I feel that
Our Time has saved my life.”*

Joel, ‘Who Cares?’ programme participant



*“If Our Time was available to me when I was younger, I believe
things would have been different, and I wished that was the case.
I don’t want to see children suffer the same things in life that I
have had to deal with.”*

Ambeya, age 19



Our aim is to overcome the stigma of parental mental illness. Please help us to spread the word by signposting to our website www.ourtime.org.uk or following us on social media [@ourtimecharity](https://www.instagram.com/ourtimecharity).



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www.ourtime.org.uk | contact@ourtime.org.uk | 0207 697 4047
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