

# Information for parents and partners

---



While being a parent can be delightfully rewarding, it can also be very challenging at times – and more so if you, or your partner, are struggling with ill health.

Raising children is always costly and some of the suggestions in this booklet have a cost attached to them. If this presents difficulties for you, speak to a social worker, financial counsellor or community worker about access to financial assistance.

As a parent with a mental health problem or disorder, one of the most important things to remember is to **care for yourself** - your children need you to be as well as possible. Talk with your doctor and other health workers about if and how your illness or medication impacts on your important job of parenting.

If you're a **parent who is the partner** of someone with a mental illness, you also need to take care of yourself. (You may also like to contact the Commonwealth Carer Resource Centre on 1800 242 636 for information.)

- Consider setting aside some time every week for something you enjoy such as playing a sport, listening to music or a craft activity.
- Getting enough sleep and physical activity and eating healthy foods are important for all the family...not just the children.
- Identify your strengths as a parent, as a partnership and as a family. There will be things that you are good at doing or that are best done by **you** with your children. However, there may be other things, which could be done by someone else.
- If you don't have a partner, it may help to talk things through with a family member, a trusted friend or a service provider who knows you well.