

Young Person's Plan for Parental Mental Health

This plan should be completed with the young person. Ideally, the parent or carer will help the young person complete it, however they may need support from another trusted adult.

The plan aims to help young people discuss their choices if a parent or carer became unwell and unable to look after them. This may be due to a hospital admission or because they are temporarily unable to have the same role as before.

My Plan

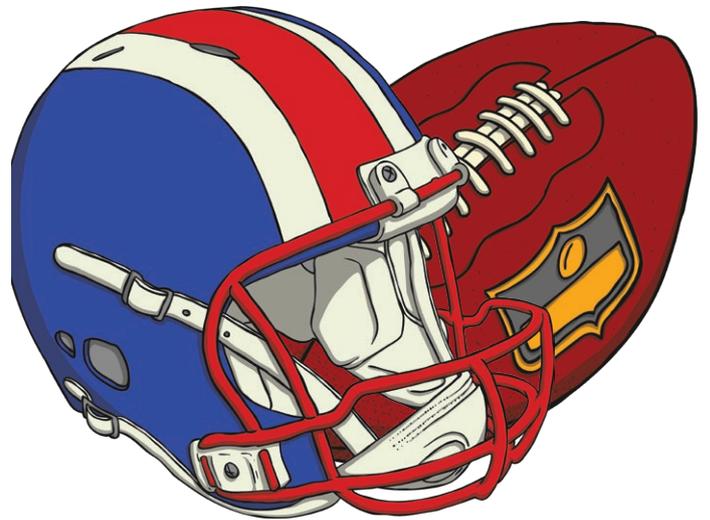
Think about the following questions and answer them as honestly as you can:

Who would you like to take you to school and collect you if your parent or carer is not able to do this?

What are the things that you enjoy doing the most when you are not at school? For example, swimming, football or gymnastics.

What is your favourite thing to do with your family? For example, watching a film together, playing a board game or having a meal at home together.

Who would you like to take you to your clubs or hobbies if your parent or carer was unable to do this?



If your parent or carer had to go into hospital, how would you like to stay in touch? Would you like to write letters, draw pictures, have phone calls or maybe visit, if possible?

What is the main thing that worries you about your parent or carer being ill?

Do you have a question you would like to ask your parent/ carer about their illness?

Who do you like talking to when you are upset or worried?



Where do you feel the safest and happiest?

Would you like school staff to check on you during the day to make sure you are feeling OK?

What would help you at school if you felt worried about your parent/carer?

Now that you have completed the plan, keep it safe so it is ready to look at if you need it.

