

Being a parent

Having a mental illness and being a mum

EXPERT WISDOM PARTICIPATION
UNDERSTANDING PROOF
**EXPERIENCES &
NEEDS OF
FAMILIES** KNOW-HOW
BACKGROUND EVIDENCE
INVOLVEMENT OBSERVATION





Being a parent

Aim of this module

- To listen to the experiences of parents with mental illnesses.
- To gain insight of what it's like to be a parent with mental illness.
- To reflect on what you hear and discuss with the group what you have learned and how this can affect your practice.

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Being a parent

First you will see and hear Elisabeth, a mother talking about her mental illness, her children's reactions and her own reflections.



[Click here to view the video](#)





Being a parent

Exercise:

Take some minutes to reflect on your own about what you heard and how it affects you as a worker - make notes about your reflections. Here are some prompts you may want to consider:

- *What did I feel about Elisabeth?*
- *How did her experience affect me as a worker?*
- *What did I learn from what she said about her children's reactions?*
- *What did she say that was unexpected?*
- *What could I do to help someone like Elisabeth and her family?*





Being a parent

Group discussion (in small groups)

- Discuss the perspectives of everyone in the group and consider how similar or different your thoughts and feelings are.
- There are no right or wrong reflections.

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Now you need to read the documents where Mary and Trudy tell you about their own experiences.

You can also listen to an audio version of Mary's story.

[Click here to listen to Mary's story](#)





Being a parent

Exercise:

Take some minutes to reflect on your own about what you heard and how it affects you as a worker - make notes about your reflections. Here are some prompts you may want to consider:

- *What did I feel about Mary?*
- *How did her experience affect me as a worker?*
- *What did she say that was unexpected?*
- *What could I do to help someone like Mary and her family?*

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Final questions for group discussions

- How has this exercise improved upon your knowledge?
- How can this knowledge change your approach to these families?
- How can you use the parent's knowledge in your work?
- Do you have any parents you can collaborate with?

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