



# MINDFUL FAMILIES HARTLEPOOL OFFER

SUPPORTING PARENTS AND CARERS

## WHO IS IT FOR?

Aimed at parents and carers experiencing mild to moderate mental health issues such as anxiety, depression, low mood, self-esteem, and bereavement issues.

Parents and carers referred into this project will be open to Early Help or Social Care and have additional issues which prevent them from accessing traditional Primary Care Psychological Services. For example:

- Domestic abuse
- Historic family abuse
- Panic attacks and phobias
- Past childhood traumas
- Substance misuse
- Long-term physical conditions
- Sleep disturbance
- Daily use of both prescribed and non-prescribed medication
- Past / present involvement with offending services and social care

## WHAT TO EXPECT

- Following referral one of our therapists will contact you for an informal discussion (within 10 working days of receipt).
- An assessment date will be agreed with the parent/carer (within 10 working days).
- An outcome of assessment letter will be provided (with consent). This will contain a summary of the assessment and will include recommendations for next steps and estimated waiting times.
- Our therapists will liaise with lead professionals and Social Workers throughout their involvement. Therapists can also attend multi-agency meetings and Child Protection Conferences where this is seen to be of benefit to the family.
- At the end of therapy, the therapist will complete a discharge report which will summarise their involvement, demonstrate impact and share any future recommendations.

## FLEXIBLE APPROACH

A flexible, assertive outreach approach to engagement will be offered.

Each family is individual and will need a tailored approach.

Families may have a range of professionals involved in their lives so integrated working is key.

## APPOINTMENTS

Appointments are usually offered on a face-to-face basis either in the family home or local Children's Centres and Family Hubs.

Telephone and remote sessions will also be available as and when required.

## HOW TO REFER?

Practitioners working in Early Help and Social Care can refer into this project.

Please complete a Mindful Families referral form and return to [EffectiveInterventionAdmin@hartlepool.gov.uk](mailto:EffectiveInterventionAdmin@hartlepool.gov.uk)

