



**MIDCENTRAL DISTRICT HEALTH BOARD**

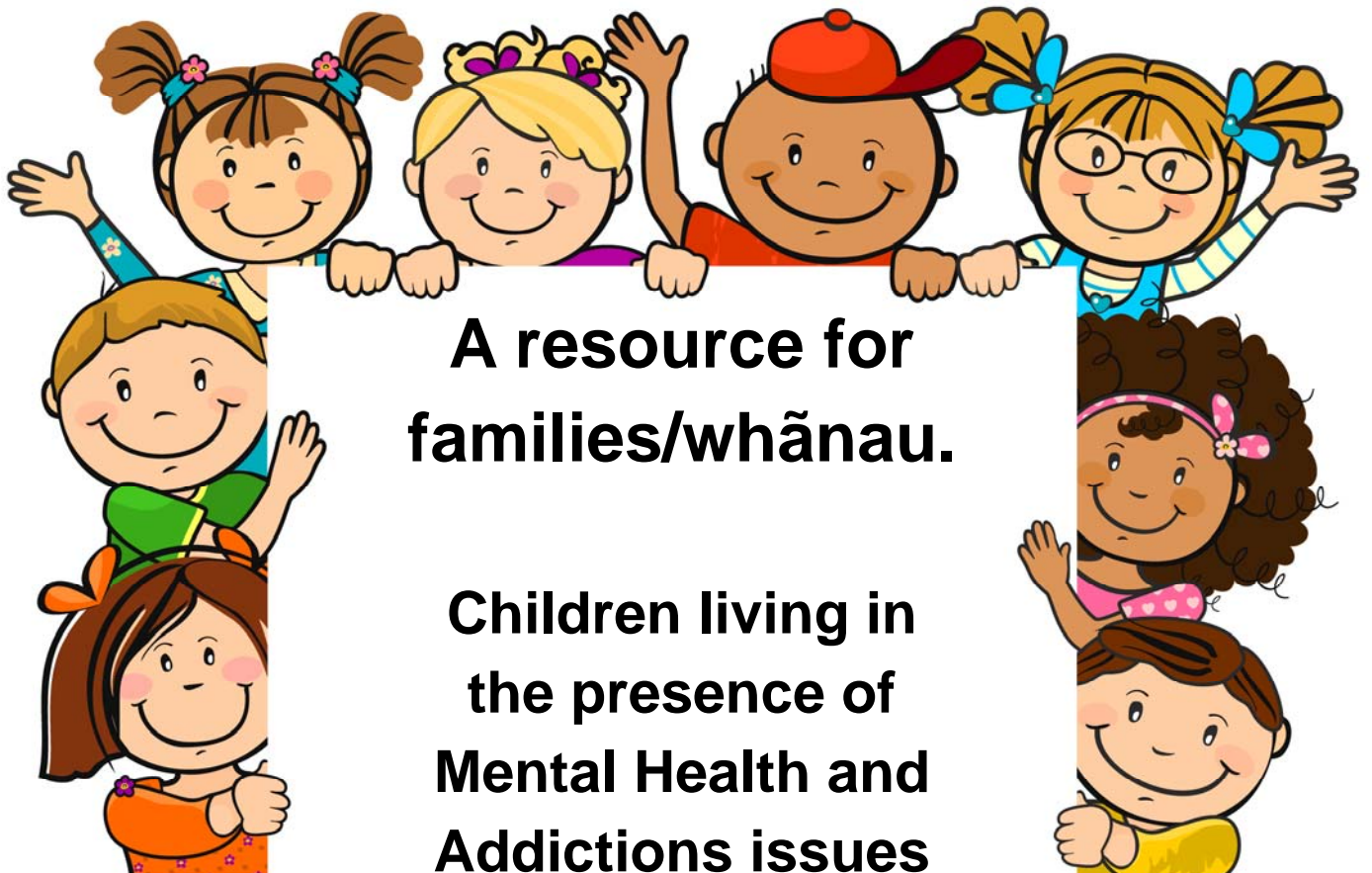
*Te Pae Hauora o Ruahine o Taranaki*



**SUPPORTING  
FAMILIES**  
in Mental Illness

Manawatu

# Kids Plan



# Introduction

Parents who have experienced mental illness have reported that they can face unique challenges in addition to the usual challenges of parenting such as housing, employment, financial constraints and childcare. Some parents have reported that it can be difficult to discuss their mental illness with their children and that mental health services do not always recognise their role as a parent.

We hope this plan is a useful resource that can be adapted and used to suit you and your family. It encourages thinking ahead, to be prepared in the event your mental illness (or any other major illness) may result in difficulties responding to all the needs of your children for a period of time.



This resource was first designed in Australia by COMIC, a group of adults who as children grew up with a parent living with mental illness. They promote awareness of the needs of children in similar situations today. They put the original kit together with the aim of encouraging discussion of mental illness within families and maintaining the family unit.

COMIC have kindly allowed KITES to take their resource and adapt it for New Zealanders. For further information about COMIC, visit their website: [www.howstat.com/comic](http://www.howstat.com/comic)

KITES is a Wellington based community development organisation. Our purpose is to seize opportunities, transform ideas and current problems into successful new solutions for people experiencing mental illness and/or using mental health services.

Manawatu Supporting Families in Mental Illness would like to acknowledge and thank KITES for the use this resource.

# My Plan

My name is \_\_\_\_\_

I am a  boy or I am a  girl (tick one)



I am \_\_\_\_\_ years old

I live at \_\_\_\_\_

My phone number is \_\_\_\_\_



My parents/guardians details are:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

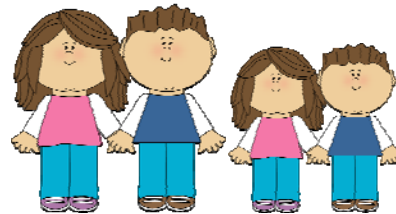
Contact phone: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact phone: \_\_\_\_\_

I have these brothers and sisters:



Name

Brother or Sister

Age:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I live with: \_\_\_\_\_

If one of my family/whānau need to go to hospital and I need someone to look after me for a while:

- I will go and stay with one of these people
- One of these people will come and stay with me



Name: \_\_\_\_\_

Their relationship to me: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Name: \_\_\_\_\_

Their relationship to me: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Name: \_\_\_\_\_

Their relationship to me: \_\_\_\_\_

Contact phone: \_\_\_\_\_

A grown up will make sure it's OK with this family/whānau.

If I am going to stay with people (tick one)

- I would like them to pick me up from home
- I would like to be dropped off at their house by \_\_\_\_\_
- I would like this to happen instead



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

While my parent/s is/are away they will be staying at

\_\_\_\_\_

I can visit them at

\_\_\_\_\_  
\_\_\_\_\_

Or phone them on

\_\_\_\_\_



My school is: \_\_\_\_\_

I can tell these people at school what is going on:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

My doctor's name and phone number is:

\_\_\_\_\_



These are the medications that I take:

\_\_\_\_\_



# My Special Things

When I stay with family/whanau it is important to me that I take with me (include favourite toys, clothes, bedding, pillows etc)

\_\_\_\_\_

\_\_\_\_\_

I will get pocket money from:

\_\_\_\_\_

My pets names are:

Name: \_\_\_\_\_

Type of animal \_\_\_\_\_

Items to be taken with them (food etc): \_\_\_\_\_

Name: \_\_\_\_\_

Type of animal \_\_\_\_\_

Items to be taken with them (food etc): \_\_\_\_\_

My pet/s will be cared by: \_\_\_\_\_



If something is bothering me I will:

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I would like to be told what is going on with my parent/s guardian/s by:

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If my parent/s guardian/s is/are not feeling well I can talk to:

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Other things I want to remember:

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The person I want to put this plan into action if my parent/s guardian/s are unwell is:

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