

Statistics suggest that children of depressed parents may:

Develop depression themselves

Under achieve in education

Feel a sense of guilt or shame.

(Cleaver, Unell & Aldgate, 2011, p.155)



Image 2

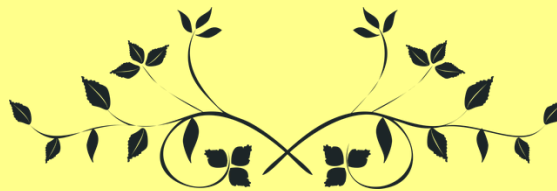
Depression can strike both men and women at any time. At least 10% of the adult population experiences depression at any one time. Parenting with mental illness is common. No one is to blame. Please seek support if this sounds like you.

(Falkov, 2012, p.26)

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Whole Family Happiness Matters

Raising Awareness of Parental Depression

And it's Impact on Our Children.



Image 1

Parental depression affects every family member. Find help and support for positive change today.

Carmarthenshire support organisations

Carmarthen Mind: 01267222990

www.mind.org.uk

Llanelli Mind: 01554752751

www.llanelli-mind.org.uk

Hafal Carmarthen: 01267223365

Hafal Ammanford: 01269597002

www.hafal.org.uk

Links Llanelli: 01554757957

www.links.uk.net

Eiriol Mental Health Advocacy: 01267235427

www.eiriol.org.uk

Support available for depression include:

Talking therapy

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Medications

:

Peer support groups

:

New activities and hobbies

:

Exercise and the outdoors

:

Self help organisations

Children's Support and Advice

Young Minds

www.youngminds.org.uk

Meic

www.meiccymru.org

DrMz

www.drmz.co.uk

Create Me Happy

www.facebook.com/pages/category/community/createmethappy

Crossroads

www.carmarthenshireacrers.org.uk/carers-information/young-carers/

