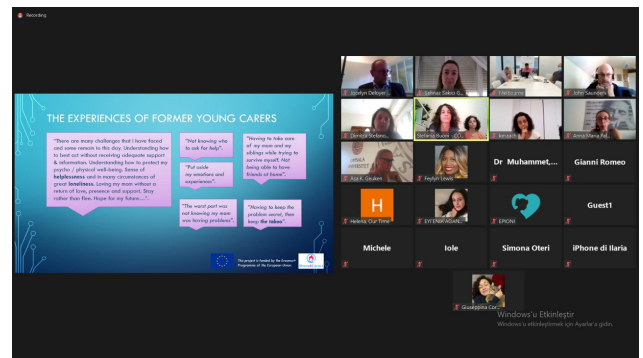
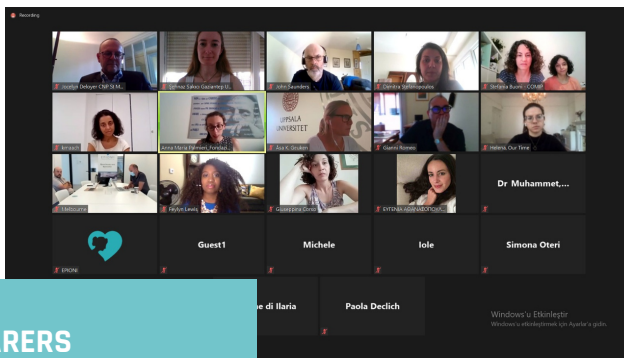


SHARE4CARERS

"Sharing Good Practices for the Psychoeducation of Children of Parents with mental health problems in Europe" Project

Ref. Number: 2019-1-EL01-KA204-062964

www.share4carers.eu



SHARE4CARERS
"CHILDREN OF PARENTS
WITH MENTAL HEALTH
PROBLEMS:
RECOMMENDATIONS FROM
EUROPEAN YOUNG CARERS
AND GOOD PRACTICES FOR
PREVENTION AND
SUPPORT"
WEBINAR EVENT

30.06.2021

AIM

The purpose of the seminar was to hear the voices of children whose parents have mental health problems and to propose innovative methods of supporting these children.

MAIN TOPICS

- The results of a survey of children whose parents have mental health problems were presented in Italy, Finland, Greece, Belgium, Turkey and Germany. "The research topics are about the challenges, the needs and the proposals for a better future".
- Presentation of the book "Un Dolore Nascosto", "A Hidden Pain", qualitative research about the experiences of Italian daughters and sons of parents with mental health problems, former young carers.
- Presentation of the ME-WE project, "Psychosocial support for promoting mental health and wellbeing among adolescent young carers in Europe".
- Presentation of the Jefpsy.org. "The first website in French for children and siblings of people with mental illness".
- Presentation of the H. Kulikowska, "Presentation of Our Time charity's KidsTime Workshops - Building Resilience in Children of Parents with a Mental Illness".



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“SHARE4CARERS” QUESTIONNAIRE FOR DAUGHTERS AND SONS OF PARENTS WITH MENTAL HEALTH PROBLEMS

Stefania Buoni
President & Co-Founder of
COMIP

“

“Having to take care of my mom and my siblings while trying to survive myself. Not being able to have friends at home”.



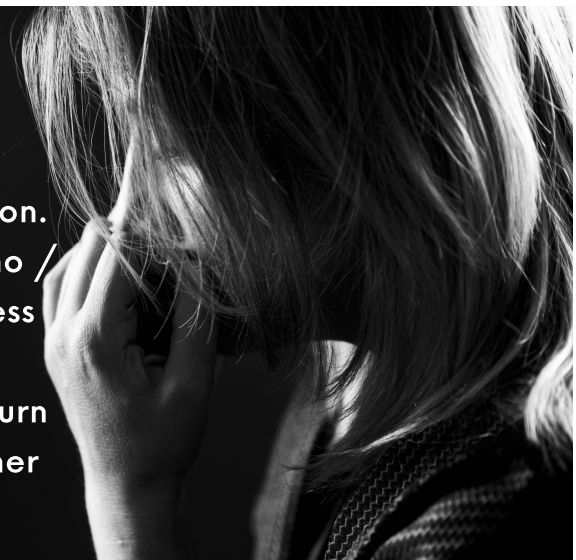
THE EXPERIENCES OF FORMER YOUNG CARERS



“The worst part was not knowing my mom was having problems.”

“Having to keep the problem secret, then keep the taboo.”

“There are many challenges that I have faced and some remain to this day. Understanding how to best act without receiving adequate support & information. Understanding how to protect my psycho / physical well-being. Sense of helplessness and in many circumstances of great loneliness. Loving my mom without a return of love, presence and support. Stay rather than flee. Hope for my future...”



“I felt wrong, inadequate, too sensitive and scared of everything”.

“Fear was the main challenge”.





RECOMMENDATIONS TO PROFESSIONALS, SCHOOLS, FAMILY MEMBERS & POLICYMAKERS

from former young carers, daughters & sons of parents with mental health problems

OBJECTIVES OF THE WEBINAR

- Raise European citizens' awareness of the challenges faced by daughters and sons of parents with mental health problems.
- Inform and raise the awareness of mental health professionals, civil society, schools & policymakers for children of parents with mental health problems.
- Exchange of experiences and good practices for the psychoeducation of children of parents with mental health problems in Europe.

"Legal recognition of the condition of us "Young Caregivers", children who often have to fight twice as much and on a bumpy road full of obstacles to get what we deserve."

"The school should be more open to the discussion of issues concerning mental disorders, in my opinion there is still a lot of prejudice and even fear."

"A professional safety net provided by default to the minor children of diagnosed persons."

"It is very important to implement a family psychologist (like g.p.'s) and a psychologist at school who can act as lookouts who can pick up important signals".

"Activities outside the position of young carer or which don't always bring back to this role, freeing up time for oneself and doing personal activities"



"Information and Awareness Campaigns that contributes to deconstructing the stigma on mental illness which is more deeply rooted than others".



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