

Can our service help you and your family?

Are you:

- Finding being a parent harder than you thought?
- Feeling low or sad?
- Troubled by worries?
- Easily frustrated and irritated?

Is your child:

- Easily upset or worried?
- Often angry or frustrated?
- Behaving in ways that are hard to manage?
- Struggling with everyday things, such as sleep, feeding?

How to get an appointment

Please ask your health visitor, GP or the staff at your local children's centre to refer you to Growing Together. Alternatively, you can self-refer, by calling iCope on **0303 123 1000**.

A therapist will contact you to arrange to meet. We can meet at a children's centre or community location in Islington.

We are a partnership between iCope, Adult Mental Health service (Camden and Islington NHS Foundation Trust) and Child and Adolescent Mental Health services (Whittington Health NHS Trust) and information is shared between the two NHS Trusts.

Additional Languages

This leaflet is available to download in the following languages from our website:

www.whittington.nhs.uk/growingtogether

- Bengali
- French
- Italian
- Somali
- Spanish
- Turkish

Interpreters are available on request

For more information, contact **Growing Together** on 0203 316 1824

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Growing Together

Support for Parents and Young Children

A parent's guide

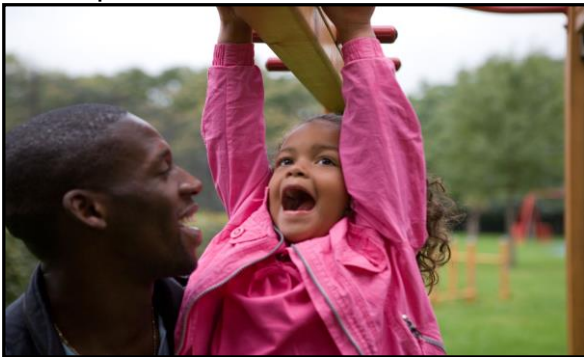


Introduction

Growing Together is part of both child and adult mental health services in Islington. We work with families who have a child between one and five years of age.

Being a parent is a challenging role for people of all ages, cultures and backgrounds. Anxiety, stress, depression, or relationship difficulties can make it even more difficult.

Young children have lots of things to learn about, such as how to manage their emotions and behaviour, and how relationships work. As a parent it can be hard to support your child's development, if you are also struggling with your own problems. If you are feeling low, worried, stressed, angry or lonely, it may be harder to enjoy being a parent. Talking to a therapist in the Growing Together team can help.



Why does getting support matter?

- We know parenting is the hardest job in the world and we want to support you.
- You are the most important person in your child's life. By looking after yourself, you are also looking after your child.
- Lots of parents feel stressed, overwhelmed, worried, sad or frustrated. This does not mean you are not a good parent. Talking to a professional can help.

What support do we offer?

We offer a range of interventions and tailor the support we offer to each individual family. Our team is made up of psychologists, psychotherapists and family therapists.

We welcome parents either on their own or together. We can provide individual or couple sessions for parents. We also run groups for parents on a range of topics. We offer joint sessions with parents and their child, to improve their relationship and the child's behaviour.

All of our interventions are designed to support parents and children emotionally. We also aim to help children develop good routines, learn to manage their emotions, and build better relationships.

