

Factsheets

All factsheets were originally developed by Emerging Minds in Australia and adapted for New Zealand families and whānau. Please click on the links underlined below to view the factsheets.

[Factsheet 'Baby' - Connecting with your baby when you are experiencing a mental health issue](#)

This resource helps you to connect with your baby when you are experiencing mental health challenges so that they feel secure and nurtured. It steps you through:

- Understanding your feelings and behaviours
- Understanding what your baby notices and experiences
- Communicating and connecting with your baby

[Factsheet 'Toddler' – Communicating with toddlers when you are experiencing a mental health issues](#)

This resource will help you to connect with your toddler or young child when you are experiencing a mental health issue so they feel secure and nurtured. It steps you through:

- Understanding your feelings and behaviours
- Thinking about what your toddler or young child notices and experiences
- Communicating with your toddler

[Factsheet 'Children' – Talking with children about mental health issues](#)

This resource helps you to prepare for conversations about your mental health with your child so that they have a better understanding of what is happening. It steps you through:

- Understanding your feelings and behaviours
- Understanding what your child notices and experiences
- Preparing to talk with your child

Factsheet 'Teenager' – Talking with teenagers about mental health issues

This resource helps you to prepare for conversations about your mental health with your teenager so that they have a better understanding of what is happening. It steps you through:

- Understanding your thoughts, feelings and behaviours
- Understanding what your teenager notices and experiences
- Preparing to talk to your teenager

How can I help my child – A guide

This guide has been prepared for parents who experience mental health issues. It is intended to give you time to think about being a parent living with mental health issues and to help you find practical ways to strengthen the social and emotional wellbeing of your child and family or whānau. Originally developed by Emerging Minds in Australia this guide has been adapted for New Zealand families and whānau.