

The following are typical situations of what Passaic County Consumer Parents are facing:

- After years of struggling with her mental illness and her role as a parent, “Nilda” found the courage she needed to reach out for assistance. She has been raising four children on her own and has not received treatment or medication because she could not afford it.
- “Liz” is a parent coping with depression. Sometimes her symptoms were so severe she could not find the energy to care for her children or maintain her household. She did not seek assistance for herself because she was afraid of the stigma associated with mental illness.
- “Theresa” is a single mother with a 13 year old son. In addition to losing her therapist and psychiatrist because her insurance would no longer cover these costs, her son was diagnosed with Attention Deficit Hyperactivity Disorder.

Some Facts About Mental Health

- 1 in 5 Americans will be affected by a mental illness at some time in their life.
- According to the US Surgeon General’s Report on Mental Health, mood disorders, including Depression and Bipolar Disorder, are significant causes of disability the world over.
- Almost one-fourth of women and 15% of men in this country will cope with Depression and other associated disorders during their lifetime. The majority of these men and women are parents.

Join Today!

Become Involved!

Put your talents to work on a special project or volunteer in one of our programs.

The Mental Health Association in Passaic County is here to help.



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www.MHAPC.com

A United Way of Passaic County agency.

Consumer parent support network program

For parents who have a mental illness

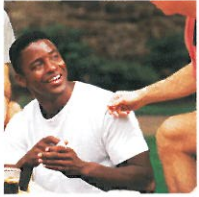


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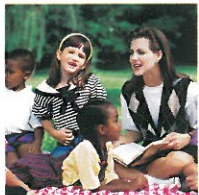
Consumer Parent Support Network



Parents with mental illness face the same challenges that all parents face; housing, employment, money management, transportation, childcare and more. Parents with mental illness encounter the additional challenges of medication, hospitalization, the fear of loss of custody of their children and the isolation created by the stigma of mental illness.



The **Consumer Parent Support Network** recognizes the importance of the relationship between parents and their children. Our staff has first-hand experience and know that parents need someone who believes in them and will provide support to them in their role as parents.



Purpose...

The purpose of the **Consumer Parent Support Network** is to support parents with a diagnosis of a mental illness in their parenting efforts and to promote the healthy functioning of their families.

Services offered

- Case Management Services
- One to one support from another consumer parent
- Referral and linkage to other services
- Parenting Education Workshops
- Education about mental illness
- Advocacy for needed services

How does it work?

The **Consumer Parent Support Network** uses traditional case management and combines it with support groups, education with advocacy and mentors. Each program participant has the opportunity to select from a variety of support services that will strengthen their role as a parent. Our **Parent Support Specialist** assists with needed referrals and case management. Our **Parent Advocates** are both parents and consumers. They can help you negotiate the challenges of parenting by acting as a mentor, sounding board and source of encouragement.

Who is eligible for these services?

- Parents with mental illness who are
- Residents of Passaic County and
- Parents who have children under the age of eighteen living with them

For more information...

Please call the **Mental Health Association** in Passaic County 973-478-4444.

Our services are free of charge and are provided in your home or a place of your choosing in the community.

All services are provided in English and Spanish and are free to you.

