



**Supporting Parents to
Support their Children's
Mental Health and Wellbeing.**

Information Sessions for
Parents in Primary
Schools.



St Patrick's
Mental Health Services



NPC and St. Patrick's Mental Health Services established a partnership in 2015 to provide support to parents to support their children's mental health and wellbeing with the understanding that positive mental health and well-being enables young people to lead fulfilling lives





www.stpatricks.ie

www.walkinmyshoes.ie



National Parents Council Primary



- Primary and Early Years
- Registered Charity and Company Ltd by Guarantee
- Diverse income streams – 2/3rds approx is State funding
- Services – Helpline, Training, Website, Partnership Schools Ireland
- Representative Voice



Starting Out!



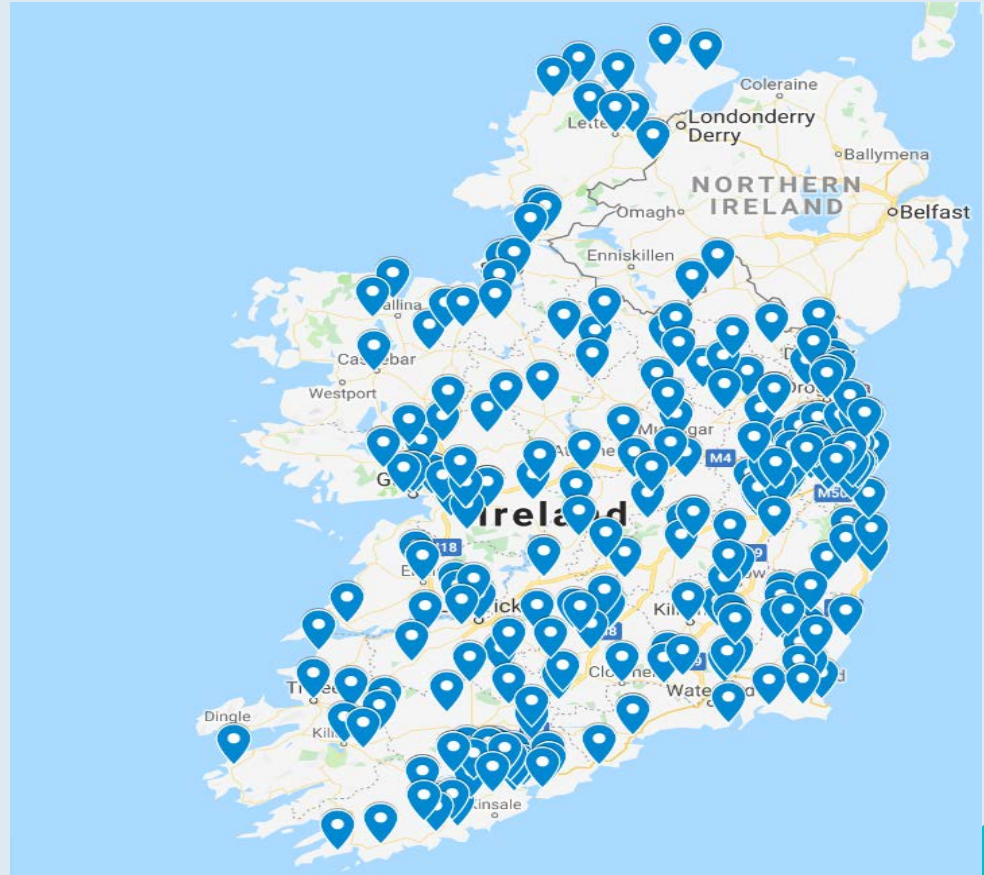
- The content of the training programme was developed
- Trained the NPC trainers
- The training was offered to schools and school parents' associations throughout Ireland



Since 2015

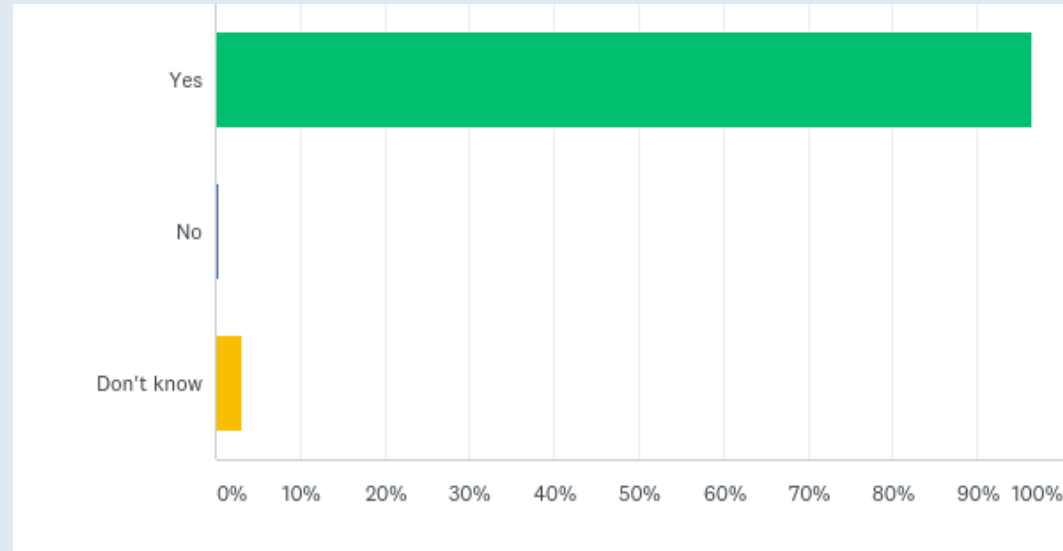
Year	No. of sessions	Total no. of attendees	Male	Female	Average nos. of attendees per session
2015	65	1720	237	1483	26.5
2016	85	2331	299	2032	27.4
2017	99	2372	324	2048	23.9
2018	73	1834	308	1526	25.1
2019 (so far)	85	1733	234	1499	20.4
Totals	430	10,629	1497	9132	24.7

Where is the Training Happening?



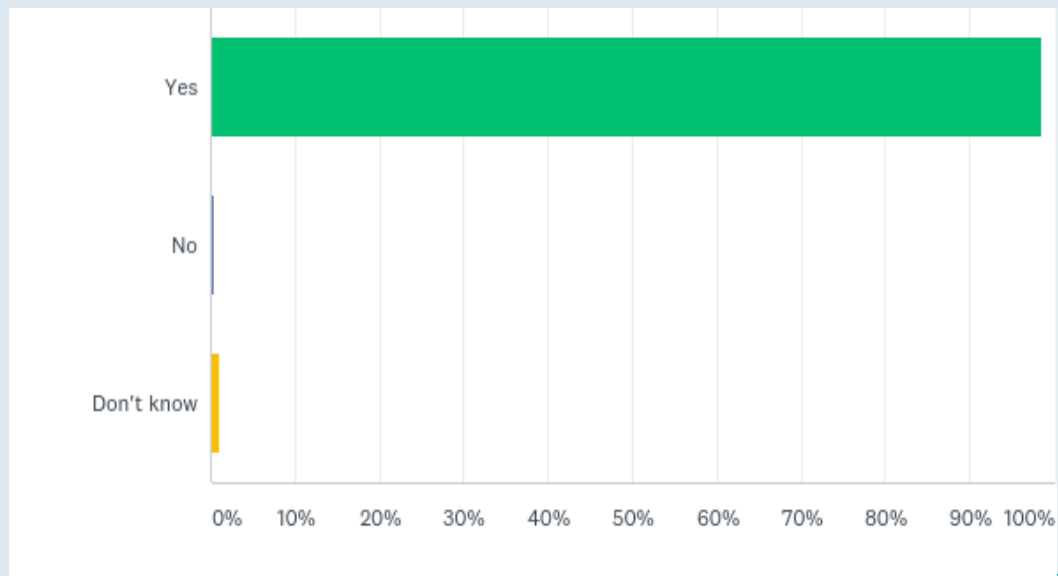
Evaluation

Following the Session Did Participants Feel More Confident in Supporting their Child's Mental Health?



Evaluation

Would You Recommend this Training to Others?



Research Practical and Social Implications

- Supporting parents to support their children's mental health and well being from primary school ages is a preventative strategy to increase children's capacity to manage mental health challenges through life.
- Earliest form of intervention is at the level of support for parents, guardians and carers.
- The results from the evaluations year on year have shown that parents value support.
- Aligned with national and European recommendations for awareness and prevention measures:

“Establish awareness raising and support programmes for expectant parents, parents and guardians on positive parenting, wellbeing and mental health difficulties”

(European Network of Ombudspersons for Children, 2018)

Limitations

There is no ongoing **impact** evaluation being conducted currently.

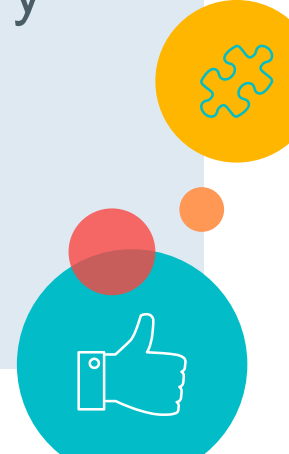
Future directions

- Research- in particular, impact evaluation
- Regular programme content review
- Online supplementary resource
- Increase accessibility



Originality and Value

The partnership between a mental health service and a parent support service to provide a mental health preventative programme at primary years nationwide





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