Do you often feel under extreme stress?

Over the past 2 weeks, have you often felt down, depressed, or hopeless?

Over the past 2 weeks, have you felt little interest or pleasure in doing things?

What problems has feeling this way caused for you or your family?
  eg, sleep, eating, friends, work, child(ren), partner/spouse

Are you getting help with this problem?

Would you like help or more help?

What kind of help would you consider?
  Eg, partner/spouse, other family, someone who works for a religious group, a mental health counselor, medicine

Support parent’s choice
Offer future help if needed

What’s makes it hard to get help?
Suggest barriers, address what parent endorses

What would make it easier to get help?

What do you think may be the benefits of getting help?
Encourage getting help

Support parent’s choice
Offer or facilitate help
SEEK Parent Handout
Follow up at next visit

Reflect back on what parent disclosed
Empathize
“Unfortunately, lots of parents feel this way”
Stress/Depression: Addressing Possible Barriers

Barrier: I don’t know where to get help

Response:

- Yes, it's often hard to know where to go
- If you're interested, I can recommend clinics/professionals who helped parents like you
- We have someone here who can help. Would you like me to connect you with her/him?
- Here's a handout with useful info on websites and good places for help

Barrier: It will get better with time

Response:

- I hear you that you feel that “time will heal”
- While some things get better with time, how long would you want to wait before getting help?
- How would you feel about trying counseling to help you feel better sooner?

Barrier: I don’t feel that bad

Response:

- I'm glad you don’t feel that bad
- Still, I’m worried about you, and how this might affect (your child)
- Would you consider trying counseling, and see how you feel? You may be pleasantly surprised

Barrier: I don’t think it's affecting my child(ren)

Response:

- I hear you that you don’t think it’s hurting your kids
- Do you sometimes think that kids may pick up on more that we realize?
- How do you think it would show if it was affecting______?

Barrier: I don’t have the time

Response:

- I hear you that there’s not the time to deal with this
- Still, do you think this may be important – for you, your family, your kids?
- It’s hard to be a good parent if you’re feeling bad
- Would you like us to try find someone who can work with your schedule?
Barrier: **Costs too much**

Response:

- I understand that the cost makes this hard. Do you know that insurance for counseling has gotten better?
- Would you like me to check to see what you’re eligible for?
- Also, some professionals/clinics accept what you’re able to pay. Some offer free care.
- This is so important. Would you like me to try find something you can afford?

Barrier: **I don’t think counseling works**

Response:

- Have you had a bad experience with counseling? I understand that must be discouraging.
- Do you think this could be different if you had someone really good?
- Would you like me to recommend professionals I think you’ll find helpful?

Barrier: **I don’t want to be on medication**

Response:

- I understand, lots of people don’t want to take medications.
- Often, counselors can help – without medications.
- Would you be OK with trying counseling? Perhaps, medications won’t be needed?

Barrier: **I don’t have childcare**

Response:

- Yes, childcare can be tough to find.
- Some clinics do provide childcare.
- Would you like us to try find one that does?

Barrier: **No transportation**

Response:

- I see you are not getting help because you don’t have transportation.
- Would you like me to see if there's something close to home or on a bus route.

Barrier: **I tried getting help before, but it didn’t work**

Response:

- I see you’re not getting help because it didn't work before.
- I understand you not wanting to try again.
- Would you like to talk about how different professionals work differently?
- I know some who have helped lots of parents.
Barrier: I'd feel embarrassed:

Response:

- I see that you're embarrassed about getting help
- I understand. Lots of people feel that way
- Would you like to talk about perhaps getting help?
- I have some info you may find helpful - SEEK Handout