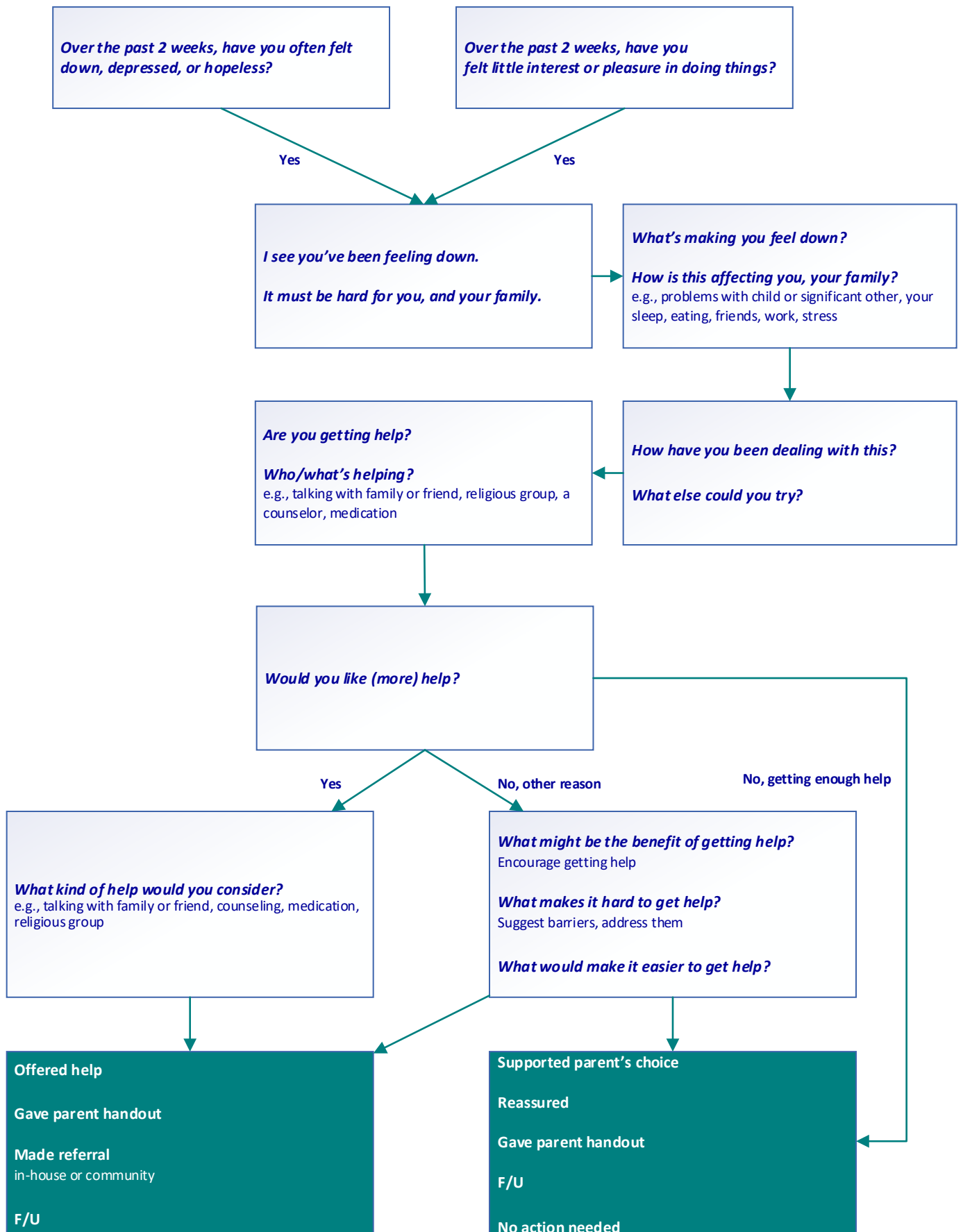


# Guidelines for Approaching Possible Parental Depression



## Parental 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 have helped many parents
- 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 good helplines, websites and other nearby places that 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 feeling better?
- What do you think about talking with someone to help you feel better sooner?
- I know you want to feel your best for your child; professional help should help you feel better soon

Barrier: **I don't feel that bad**

Response:

- I'm glad you don't feel that bad
- Still, I'd like to help you, and am concerned how this is affecting you and your child
- Would you consider talking with someone, and see how you feel? You may be pleasantly surprised

Barrier: **I'd feel embarrassed**

Response:

- I see that you're embarrassed about getting help
- I understand. Lots of people feel this way
- Talking with someone may be uncomfortable, especially in the beginning. After a little time, it should get easier. And, counselors keep your info confidential. Would you like me to recommend professionals I think are really good?
- I have helpful info on this handout. Take a look, and please think about this

Barrier: **I don't have the time**

Response:

- I hear you that there's not the time to deal with this; you're busy!
- Still, do you think this may be important – for you, your family, your child?
- It's hard to be a good parent if you're feeling bad
- Would you like us to try to find someone who can work with your schedule?

Barrier: **Costs too much**

Response:

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

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

Response:

- A lot of people feel unsure about counseling
- 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 really helpful?

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
- But, different professionals work differently
- I know some who are really good and have helped lots of parents

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, talking with a professional?

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

Response:

- I hear you that you don't think it's hurting your child
- Do you sometimes think that kids pick up on more than we realize?
- It's hard to be a good parent when you're feeling bad. I know you want to be a terrific parent. Talking with someone should help you feel better

Barrier: **I don't have childcare**

Response:

- Yes, childcare can be tough to find
- Perhaps family or a friend can provide childcare while you focus on your well-being
- In-home counseling may also be an option – a counselor can come to your home
- What do you think?

Barrier: **I don't have transportation**

Response:

- I see transportation is a problem
- Unfortunately, this is so common
- In-home counseling may also be an option – a counselor can come to your home. What do you think?
- Would you like me to see if there's something close to home or on a bus route?