



Hello, my name is **Kath Madden**, a member of **Kirklees Keep in Mind**

“It’s okay not to be okay.”

Who am I?

I work as a parent and community worker within Kirklees Keep in Mind. My role is to raise awareness about mental and emotional health and how the mental health needs of parents/carers can affect the children and young people they care for.

I do this by...

- Building positive relationships with parents and carers, so that I can address any support needs and build up resilience.
- Supporting parents/carers to access the mental health services that they need.
- Identifying with parents/carers which self-care strategies will help them

Support I can give



I can provide booked drop-ins for parents/carers to listen, signpost and assist them to access any extra support. I can also offer support through Silver Cloud, which is a CBT based programme.



I run parent/carer and community workshops and information sessions on a range of subjects linked to supporting children and young people’s mental health and self-care.



I offer parent/carer self-care group activities within a school or community setting to promote positive mental health.

How to refer

- Schools can contact me via email Kathryn.Madden@northorpehall.co.uk or at parentMHST@northorpehall.co.uk
- Call Northorpe Hall on 01924 492183.

If you require a copy of this information in any other format or language please contact the Trust.