

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

If you are a parent/carer in Hackney with dependent children living with you and if you suffer from a mental health problem, Family Action Building Bridges may be able to help.

We provide a range of practical support to the whole family, and we offer counselling, group activities for children, parenting advice, help with access to other agencies and opportunities to make friends and meet others in a similar situation.

We develop services which are innovative, building on people's strengths to overcome difficulties in a way that best fits their needs.

How To Contact Us

If you would like to find out more about Family Action and the Building Bridges service, please contact us at:

Family Action
Building Bridges
Woodberry Down Primary School
Woodberry Grove
London
N4 1SY

Tel: 020 8802 6794
Fax: 020 8802 4069

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
Fax 020 7249 5443 info@family-action.org.uk www.family-action.org.uk
Registered charity n° 264713.



Family Action Hackney Building Bridges

Providing support to families affected by
parental mental illness

supporting families since 1869

How Do We Work?

We provide emotional and practical support to mothers, fathers, carers and their children. We work with each member of the family, providing a listening ear and helping them to understand each other's needs.

We believe in taking small steps to make positive changes that are achievable and will benefit both parents and children, making family life that bit easier.

We will not judge you and will treat you fairly, positively and with respect. We welcome everyone at our services whatever their race, religion, age, disability, gender or sexual orientation.

How Can We Help?

Family Action Building Bridges can help you in the following ways:

- Practical support in managing household tasks
- Home visits from a family support worker at a time that is convenient to you and your family
- Help establishing daily routines and managing children's behaviour
- Helping your child to understand your mental illness and improving family relationships
- Support if you are isolated

Being a parent can sometimes feel like the hardest job in the world so trying to bring an element of fun into daily life is an important part of what Family Action Building Bridges do.

We can:

- Help to organise fun activities for children and young people especially during school holidays
- Find out information and activities available in your local area
- Support you to make connections with community facilities
- Organise outings and visits for the whole family

How To Get In Touch

Usually families are referred to us by a worker from another organisation, such as a doctor or social worker. However, if you feel that our service may be helpful to you, feel free to contact us directly by telephone, at the number provided overleaf, and speak to the Family Action Building Bridges Co-ordinator who will be happy to answer any questions you may have.

Confidentiality

We are an independent organisation and any information you give us will be treated as confidential. However, there may be times when we need to share information with other professionals. This will only happen with your consent, or where you or another person is considered to be at risk.