

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.

## How To Contact Us

If you would like to discuss the referral made to the service for you and your family, please contact us at:

Family Action Newham  
Building Bridges  
c/o Community Mental Health Team North West  
Vicarage Lane Health Centre  
10 Vicarage Lane  
Stratford  
E15 4ES

Tel: 0208 536 2289



family  
action

Family Action  
Newham  
Building Bridges

Providing support for families living with a parent with a mental illness

### Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251  
Fax 020 7249 5443 [info@family-action.org.uk](mailto:info@family-action.org.uk) [www.family-action.org.uk](http://www.family-action.org.uk)  
Registered charity n° 264713.

supporting families since 1869

## About Our Service

Being a parent is a difficult job especially if you are trying to cope with mental health problems such as depression, anxiety or schizophrenia. Building Bridges offer a service to the whole family to help parents recognise their own as well as their children's needs.

Family Action Building Bridges services are not compulsory and aim to work in partnership with parent/carers and their families.

## What We Offer

Building Bridges is a preventative service and aims to bridge the gap between adult mental health and children's services by providing support to the family when one of the parents has a mental health problem.

The service aims to:

- Increase self-confidence and self-esteem in parents and children
- Help parents establish daily routines
- Help families resolve practical problems
- Help children understand mental illness
- Help adults and children to achieve their potential

Families are supported through home visits by Building Bridges staff.

## How To Access Our Service

Referrals to the Building Bridges service may be made by:

- Community Mental Health Team (North West)
- Early Intervention Team
- Assertive Outreach Team

Please note we do not accept self-referrals to this service.

If you have been referred to Family Action Building Bridges, this will be part of your Care Package Approach (CPA) and your Care Co-ordinator will discuss this with you, ask for your views on how the service can help you and for your agreement to work with this service.