



Addressing Barriers to Reaching Out for Support

Here are clarifications to the concerns you and other parents may have:

You may think...



I don't want others to treat my child differently.



I don't want my child to have a mental health record that might negatively affect their future.



I don't know if mental health treatment will work for my child.



I don't want my child to suffer from the side effects caused by medication.



In reality...

- **Receiving professional help is key to preventing mental health concerns from worsening.**
- Your child's needs should be your **first priority**.
- The opinions of others should not prevent you from ensuring that your child gets the right support they need.
- Government policies and guidelines require **fair hiring practices** for all, including those with mental health conditions.
- Agencies are educating employers to ensure that they understand and follow these guidelines.
- The mental health professional will involve you in **discussions on your child's treatment options and answer any questions that you or your child may have.**
- This helps to ensure that the treatment is **suitable** and **effective** for your child.
- Medication is not always necessary.
- If prescribed, your child should **follow the recommended treatment plan.**
- The mental health professional will advise you on possible side effects and how to manage them.
- This treatment plan will be adjusted according to your child's needs.





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Here are clarifications to the concerns you and other parents may have:

You may think...



I'm concerned about the cost of mental health treatment.



In reality...

- Your service provider will advise you on the estimated cost of mental health treatment upon assessment of your child's needs.
- There are **subsidies and schemes available to make treatment more affordable.**

The way you spend quality time with your child is more important than how much time you spend together.

Here are some ways to help your child feel supported:



I want to help my child, but I don't have the time / I don't know how to.



Make time for your child and let them know that you are there for them.

If you are unable to speak with them when they approach you, let them know that you want to listen to them and provide a specific time to have a conversation.



Put aside distractions, such as mobile devices, during mealtimes. Use these opportunities to **engage your child and have conversations** instead.



Set aside at least 5 to 15 minutes a day (e.g. before bedtime) to spend 1-on-1 time with your child, talk about their day and listen to any concerns they may have.

