

# **BUILDING CONNECTIONS: THE EXPERIENCE OF PARENTING WHILE LIVING WITH MENTAL HEALTH CHALLENGES**



Do you have experience of parenting while living with a mental health challenge?

Please scan the QR code above to fill in a short online anonymous survey to tell us more about your experience. The survey is also available at the following address <https://tinyurl.com/ParentMH>

This project is being run by researchers in Mary Immaculate College, Limerick, in collaboration with parent partners, Tusla, HSE and Clarecare.

We would like to hear from mothers, fathers and guardians who are parenting while experiencing a mental health challenge (or who have previously experienced a mental health challenge):

1. Who are living in the Republic of Ireland
2. Whose mental health challenge may be current or experienced previously
3. Whose mental health challenges may be formally diagnosed or not
4. Who are over the age of 18