**FAMILY COMPOSITION**

Mother age 32

Father age 40

2 year old girl under the care of health visiting service

5 year old boy and 7 year old girl attending primary school and under school health remit

**SITUATION** - During a routine Universal 2 year Assessment for developmental check, father disclosed significant concerns around his mental health and family struggling financially. Nursery Nurse contacted the duty Health Visitor who then telephoned father to discuss the issues and the support available.

**PROBLEM** - Financial issues are having a significant impact on father’s mental health. Father has stopped his medication around three months ago; however, is adamant that he doesn’t want to take medication. Father has had depression for a few years and was taking Mirtazapine tablets (anti-depressants).

The family are struggling financially and Covid-19 has had a huge impact on father’s self-employed salary. Father is the main earner and works as a Taxi Driver, father reported that he earned £7 in 4 hours. The family are in rent arrears and have other debts. Father went to the children’s school to inquire about free school meals during the school holidays but they were not eligible as they did not complete an eligibility form at the start of the school year.

The family are also struggling with gas and electric bills

Father has taken himself off his antidepressants and is refusing to see the GP regarding his mental health. Father stated that the medication was making him feel like a zombie and he cannot afford to feel like this as he needs to be mentally available for the family. Father stated that he spends hours in his taxi crying and that his mind is always racing with thoughts around the financial struggles the family are facing. Father stated that he hears voices and has thought of self-harm, however, shakes the thoughts away. The Health Visitor offered Crisis team support, however, he declined this. Father reported that he has struggled with depression since his father passed away a few years ago.

Father has not shared the financial issues or his mental health status with his wife or family. Father has reported that he planned to discuss issues with his wife over the weekend

**SOLUTION** – A referral to Family Matters Meeting for a multi-agency discussion and a request for support

The family would benefit from a Support Worker to guide them through the difficulties. Father stated that he would really like this to happen.

Father’s mental health needs to be supported

Health Visitor has discussed food bank and other support regarding food delivery for the family. Father stated that he would consider this but will need to discuss all with his wife first as she had no knowledge about how deep the financial issues were.

Father has been trying to resolve the financial issues by asking for help, but not really getting the support required. Father went to the children’s school to inquire about free school meals during the holidays and has contacted his gas and electric suppler regarding financial struggles but feels like he is hitting a brick wall.

Father is asking for help and support and has consented for Early Help

Father is happy to consider counselling for his mental health – Health Visitor offered support via Tamarind Services who has male councillors for BME groups

No known health or developmental concerns for the two year old child

**EVALUATION** – Family Matters Meeting took place and School Nurse shared health information on the two school age children who have selective mutism’s and were supporting school with this issue.

The outcome agreed is that the most appropriate level of support at this present time would be for School Nursing Service to complete an Early Help Assessment.

Troubled Family Criteria met due to an adult with mental health problems who have parenting responsibilities.