

# Young Person's Plan for Parental Mental Health

This plan should be completed with the young person. Ideally, the parent or carer will help the young person complete it. However, they may need support from another trusted adult.

The plan aims to help young people discuss their choices if a parent or carer became unwell and unable to look after them. This may be due to a hospital admission or because they are temporarily unable to have the same role as before.

