



**"It changes our life, it changes our child's life... You see that you're getting somewhere."**

### Families' experience of Meitheal

**"[My son] is more settled now. I feel that all my concerns as a parent were listened to and we were included in all decisions."**

**"Everyone's on the same wavelength - I'm not having to relay back ... Everyone sits at a table and we're all on the same page."**

**Contact Tusla**

# Meitheal

A guide for parents and carers

**Illness or bereavement**

**Additional needs**

**Difficult behaviour**

**Do you need some help with...?**

**Your relationship with your child**

**Problems at school**

**Feeling down**



Do you need some help?

This is an information leaflet for parents and carers about a Tusla-led support plan called Meitheal. Meitheal can support you and your family so you can find the help you need.

As the old saying goes, it takes a village to raise a child. Tusla knows this is still true today.

The name, Meitheal, comes from an old Irish word that describes how neighbours get together to give each other practical help and support.

**Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.**

Meitheal brings together people and services who want to support a child or parent so that he or she can make the changes to their life that they want and need.

The kinds of services that might be involved in Meitheal are schools, youth services, family resource centres and medical services.



Why would my family need Meitheal?

**If you feel that your child has additional needs or is facing challenges that are difficult to overcome, Meitheal may be able to help you.**

Examples of the challenges Meitheal could help with are:

- A child having problems at school
- A child feeling down
- Not getting on with your child
- Family problems
- Illness or bereavement
- Difficult behaviour
- Relationship with your child

You may already be getting support from different services but finding it difficult to deal with all of them at once. Meitheal brings everyone together.



How does Meitheal work?

Your family will have a supportive person called a lead practitioner. This person may be chosen by you.

Your lead practitioner will help you and your child to identify your child's strengths and needs.

The next step is your lead practitioner will arrange a Meitheal support meeting where you and your child will help to put a plan in place.

Everybody will support you to follow your plan to make the changes you and your child wants in their life.

**It is very important that you, your family and your child understand every part of the plan.**

You, your child and your family will decide how long you want this support for.