

Social Story

Why I Do Not See My Dad (Dad's Mental Health Difficulties)

www.SocialWorkersToolbox.com

FREE DOWNLOAD



Dad is still my parent, but he is not able to visit or look after me right now. That is not my fault.



If I feel upset or have questions, I can talk to someone I trust. Talking can help me feel a bit better.



Dad has been feeling unwell in his mind. This is called a mental health problem.



I might feel sad, angry, or confused — and that is okay. These feelings are normal.



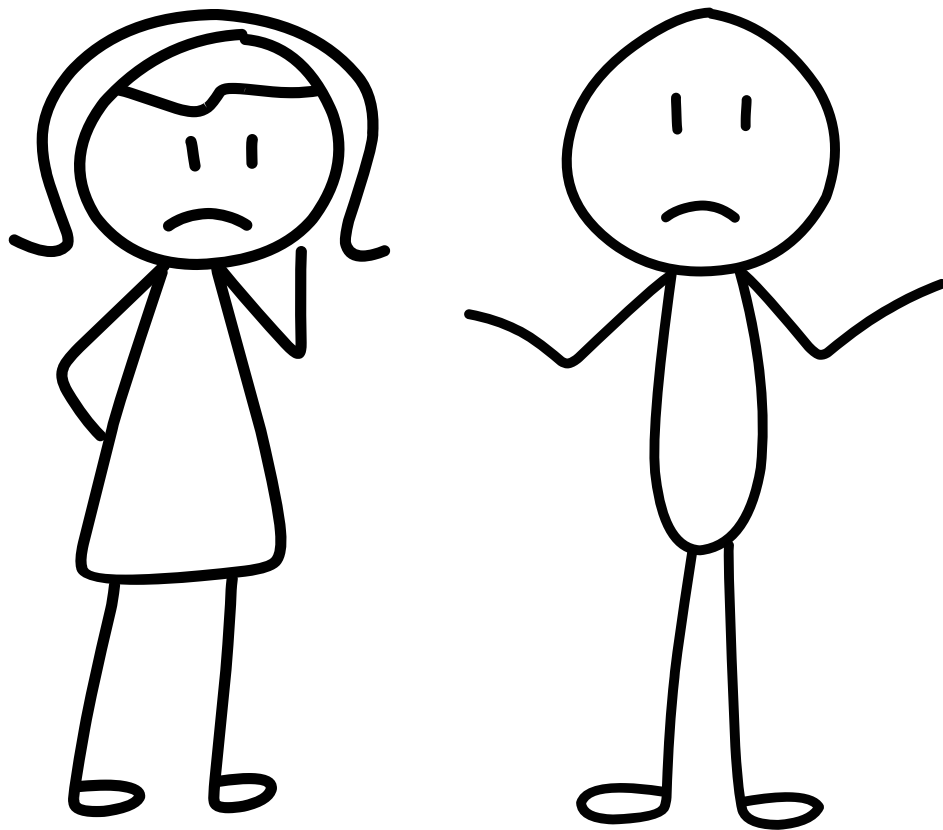
Even if Dad is not seeing me, there are still people who care about me.



Lots of people have mental health problems sometimes. It can happen to children or grown-ups.

Social Story

Why Do I Not See My Dad?



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social stories

for children and adults with
autism and learning difficulties.

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Free social work
resources for
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I used to see Dad and we spent time together.
But now he is not able to come and see me.



This is not because of me.
I have not done anything wrong.



Dad has been feeling unwell in his mind.
This is called a mental health problem.



Lots of people have mental health problems
sometimes. It can happen to children or grown-ups.



His thoughts and feelings are not working properly,
and everything can feel too hard for him.



When someone has a mental health problem,
they might stop doing everyday things like
working or seeing people.



Sometimes they stop seeing even
the people they love.



There are doctors and nurses who can help people
feel better when they are unwell in their mind.



Dad is still my parent, but he is not able to visit or look after me right now. That is not my fault.



I might feel sad, angry, or confused — and that is okay. These feelings are normal.



If I feel upset or have questions, I can talk to someone I trust. Talking can help me feel a bit better.



Even if Dad is not seeing me, there are still people who care about me.



They help me feel safe. I can still do fun things and enjoy my days.



My life can still be full of love, games, and happy times.



I am important, and I matter very much.



There are people who love me and
will keep looking after me.

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2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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