

Social Story

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

www.SocialWorkersToolbox.com

FREE DOWNLOAD



Sometimes they stop seeing even the people they love.



Mum has been feeling unwell in her mind. This is called a mental health problem.



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



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



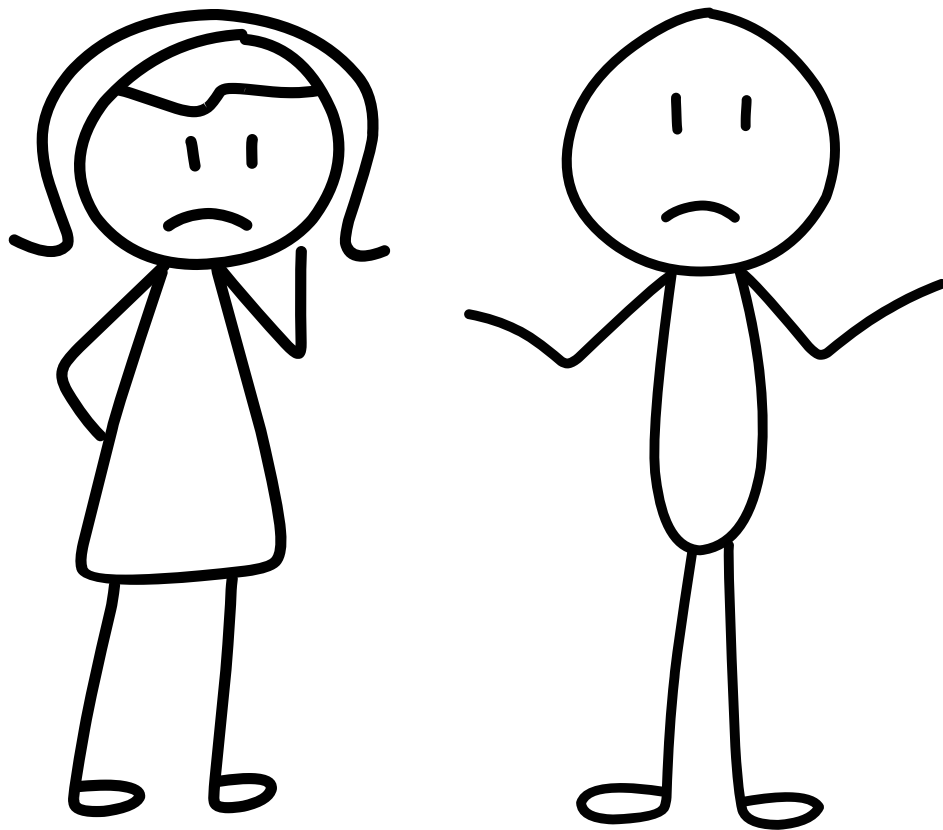
Lots of people have mental health problems sometimes. It can happen to children or grown-ups.



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

Social Story

**Why Do I Not See
My Mum?**



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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 Mum and we spent time together.
But now she is not able to come and see me.



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



Mum has been feeling unwell in her mind.
This is called a mental health problem.



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



Mum's thoughts and feelings are not working properly, and everything can feel too hard for her.



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.



Mum is still my parent, but she 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 Mum 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.



Mum is not alone.
There are people who can help her too.

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1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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