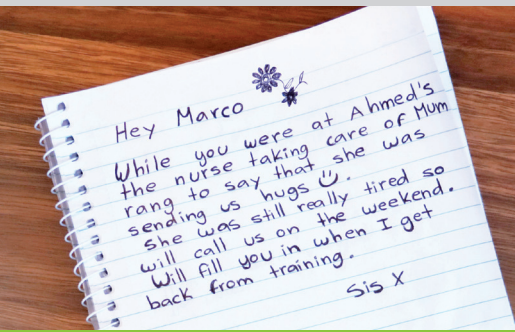


# Keeping in touch with your children

Staying connected to your loved ones is part of the recovery process and is important for you and your family's wellbeing.

Let's start talking →

Wondering how to stay in touch with your children while you are here? Or how to talk with them about what has happened and your time with us? **Talk over these ideas with us early in your stay.**



## Pass on a message

Not feeling up to talking with your kids today? Our staff can pass on a message from you to help reassure them.

## Ask for a delivery from home

We can help arrange for a favourite item, a child's drawing or a photograph of your family to decorate your bedroom.

## Send something special home

We have materials you can use to create a letter, postcard or special surprise for your kids to find in the letterbox.



## Phone or message

But first, you may want to think about the best way to chat with your children at this time. We can help you to work out options that are right for your family and your recovery.

## Plan a visit

Our staff can help plan and provide a safe and private place for a visit with your children. Let's talk about the how, when and with who.

## Prepare to go home

Planning ahead for your discharge home can help make things smoother for everyone. Talk to us about what to expect and what this will mean for you and your family.

**Our staff are committed to supporting you with whatever you choose from this menu of ideas. We will check in with you regularly about your choices.**

**Emerging Minds.**

[www.emergingminds.com.au](http://www.emergingminds.com.au)

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