



**CENTER FOR PÅRØRENDE  
PSYKIATRIEN I REGION NORDJYLLAND**



**PSYKIATRIEN**  
– i gode hænder



# CENTER FOR PÅRØRENDE





Væk med tavshed, tvivl og tabu om psykisk sygdom!





*The ambassadors'  
personal experiences*





Myth, prejudices,  
ignorance, inflexible,  
understanding





The core in every person`s life is a loving, warm, secure, predictable and trusting relationship to those closest to them





When the fight for love is  
tougher than the fight with  
the mental illness





All parents love their children

and it is every parents` right to love their children







When the lack of knowledge, insight, information and communication overshadows the parents` power and strength





## CHILDREN HAVE A NEED FOR

- love, warmth, care and intimacy
- structure, stability og predictability
- stimulation and involvement





## PARENTS AND CHILDREN ARE CHALLENGED

Support





Taboo and stigma have to  
be broken  
by the person who is  
bound by it



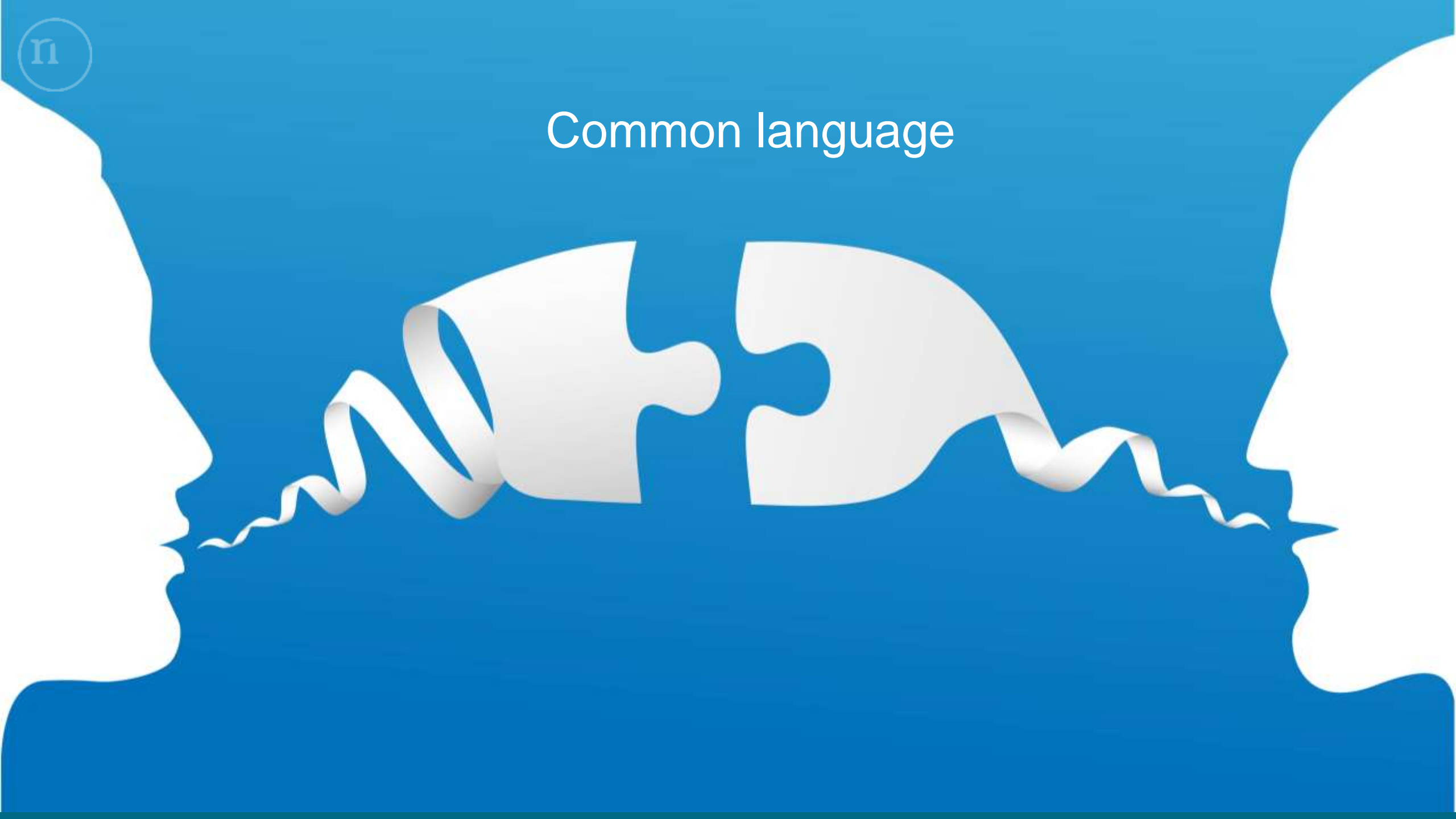


Openness, honesty,  
courage and credibility





# Common language





Taboo and stigma are that  
for which we do not have a  
common language





## TABOO AND STIGMA IS ALSO

- When something is so painful that we don't have any words for it
- When we have tried to speak and communicate about the problems or don't seem to be heard, understood and acknowledged
- Myth, prejudice, secrets, ignorance, uncertainty,
- Guilt and shame
- Tabu and stigma act as a shield







# Proces of dialogue



AALBORG PSYKIATRI



INDGANGSNUMRE

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30
31	32	33
34	35	36
37	38	39
40	41	42
43	44	45
46	47	48
49	50	51
52	53	54
55	56	57
58	59	60
61	62	63
64	65	66
67	68	69
70	71	72
73	74	75
76	77	78
79	80	81
82	83	84
85	86	87
88	89	90
91	92	93
94	95	96
97	98	99
100	101	102

QR code

Prohibition of smoking sign

Parkering P

Indgang 5 - 9

Psykiatrisk CI





## THE PROCES OF DIALOGUE

- One meeting with the parent(s)
- A first parent-children meeting
- A second parent-children meeting
- Based on the proces of dialogue the children are offered a place in a dialogue group for children
- The parents can also participate in a dialogue proces with partners or other friends, family and important people close to them





# Meaning and coherence





## RESILIENS

- Acknowledgement
- Accept
- Adaptability
- Organisation





It`s the parents` children  
But also the psychiatry`s  
responsability





THANKS FOR LISTENING

Daglig leder

**JAN SANDBERG**

Psykiatrien

Center for Pårørende

Team Børn af Psykisk Syge

[j.sandberg@rn.dk](mailto:j.sandberg@rn.dk)

+4597643789