

Community Mental Health and Family Support

Accessible support close to where children, parents and families live their everyday lives.

A COMMUNITY SUPPORT PATHWAY

01

REACH

Accessible entry points

02

SUPPORT

Counselling and peer connection

03

CONNECT

Referral and local cooperation

04

LEARN

Evidence and adaptation

WHY THIS MATTERS

Access remains uneven

Cost, distance, stigma and limited local provision prevent many families from seeking support early.

Families need connected responses

Emotional distress often intersects with poverty, isolation, parenting pressure, violence, harmful alcohol use or gambling-related harm.

Community services can intervene earlier

Accessible local support can reduce isolation, strengthen protective relationships and connect families with specialist services when needed.

RELEVANT PARENTIS EXPERIENCE

Accessible psychological support

Individual and group counselling, psychoeducation and emotional-support activities for children, adolescents and parents.

Early years and parenting

Maternal mental health, parenting support, breastfeeding counselling and rural outreach for pregnant women, mothers and young children.

Community-based MHPSS

Multi-year work with displaced Ukrainians and Romanian host communities, combining counselling, group work, inclusion and social cohesion.

Professional capacity

Training, supervision and cooperation with schools, healthcare, social services and local authorities.

From local engagement to shared results

DIRECTIONS TO EXPLORE

- Peer and emotional-support models for parents, caregivers and families;
- Early identification, low-threshold support and referral pathways;
- Family support related to harmful alcohol use or gambling-related harm;
- Maternal, paternal and early-years mental health;
- Rural and neighbourhood outreach models;
- Adaptation and testing of evidence-informed resources and interventions;
- Training and supervision for frontline professionals and community facilitators.

WHAT PARENTIS CONTRIBUTES

- Established relationships with children, parents and families through our community-based programmes;
- Psychological counselling, group facilitation, parenting and outreach expertise;
- Implementation in urban and rural communities;
- Relationships with schools, maternity care, public health, social services and local authorities;
- Needs assessment, participant feedback, monitoring and dissemination in Romanian and Ukrainian.

PARTNERS WE WOULD LIKE TO MEET

User-led and peer-support organisations; mental-health NGOs; family and early-years organisations; universities and research institutes; public-health bodies; organisations specialising in addiction-related family support; and partners with experience in community-based prevention and advocacy.

POSSIBLE RESULTS

- More accessible and earlier support for children and families
- Improved referral and cooperation between community and specialist services
- Adapted tools and replicable community-support models
- Stronger participation of parents and people with lived experience
- Community evidence that can inform practice and policy

1,771

people reached in 2025

928

children & youth

12

urban & rural communities

€321k

2025 income; audited

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