



Books and resources



RESOURCES



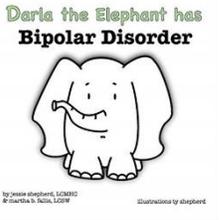
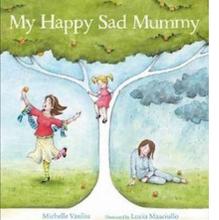
## BOOKS AND OTHER RESOURCES

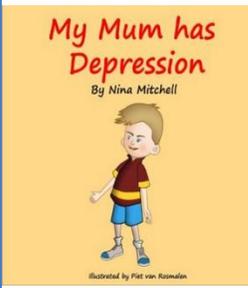
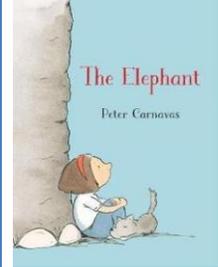
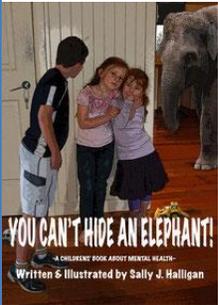
### FOR WORKING WITH FAMILIES AND CHILDREN WHERE A PARENT HAS A MENTAL ILLNESS (FaPMI)

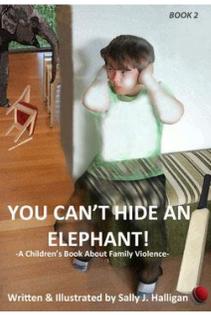
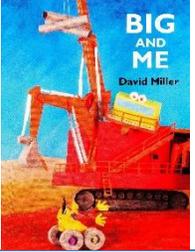
Compiled and updated by Rose Cuff, Statewide coordinator, The Bouverie Centre, Victoria. *Please contact Rose on 9385 5100 or [r.cuff@latrobe.edu.au](mailto:r.cuff@latrobe.edu.au) for additions/amendments. Ordering from government and non-government providers can be done via Open Leaves <https://www.openleaves.com.au/>*

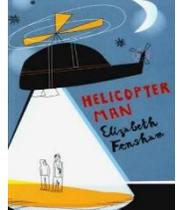
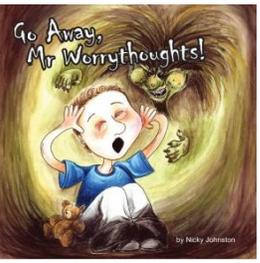
*Whilst every effort has been made to provide a list of resources that are considered to be helpful, if you come across some that are not please let Rose know via the above email. Please note that all resources included are not necessarily endorsed by me or the FaPMI Program and we would like to know if any are considered inappropriate.*

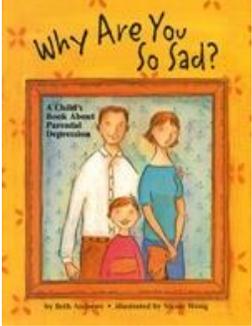
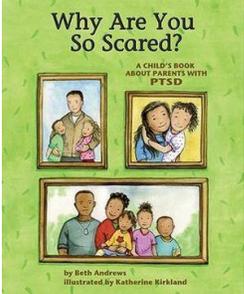
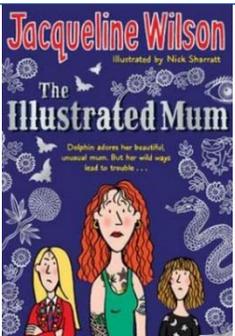
## FOR CHILDREN

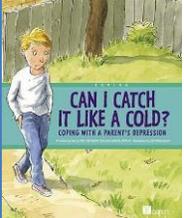
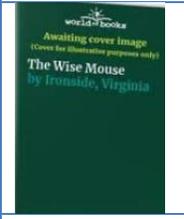
Book title & author	Description
 <p><b>Darla The Elephant has Bipolar Disorder</b> by Jessie Shepherd Illustrations by shepherd</p>	<p>Often when people are given a mental health disorder diagnosis the weaknesses are clear and overwhelmingly emphasized, while the strengths are ignored or forgotten. The mental health children's book series 'What Mental Disorder?' challenges the stigma against therapy and diagnosis. It enlists the reader to view the character as a whole being and not as a mental issue. The books cover mental health challenges such as PTSD, Borderline Personality Disorder and ADHD</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com.au/Darla-Elephant-Has-BipolarDisorder/dp/1943880158">https://www.amazon.com.au/Darla-Elephant-Has-BipolarDisorder/dp/1943880158</a></p>
 <p><b>My Happy Sad Mummy</b> by Michelle Vasiliu (2014)</p>	<p>Author Michelle Vasiliu draws from her own experience of bipolar disorder, cleverly and humorously portraying the emotional roller coaster of this illness, as a young child might perceive it and how through these difficulties, the bond of love between mother and child remains true. A fantastic picture book and invaluable resource for parents, teachers and health professionals.</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/my-happy-sad-mummy-michelle-vasiliu/prod9780987358684.html">https://www.booktopia.com.au/my-happy-sad-mummy-michelle-vasiliu/prod9780987358684.html</a></p>
 <p><b>Happy Pants – Why is Mummy so sad?</b> By Heather Gallagher</p>	<p>By Heather Gallagher . When Mummy wears her happy pants we build sandcastles, go out for baby cinos and have lots of cuddles. But when she comes home with baby Darcy, her happy pants stay in the wardrobe. Post-natal depression effects 1 in 7 women. Happy pants is a heartfelt way to help older children know that their Mum's PND is not because of them, that dads are loving and caring, families can support each other and that mum will get better with help.</p>
<p>Copies available at</p>	<p><a href="https://www.wombatbooks.com.au/happy-pants">https://www.wombatbooks.com.au/happy-pants</a></p>

	<p><b>My Mum has</b></p>	<p>Nina is the mother of three boys, a qualified primary school teacher and now a first-time author. She has also suffered from depression for several years. When she found it challenging to explain the highs and lows of the illness to her sons, her answer was to write and self-publish a picture book. My Mum has Depression explains depression in simple words and pictures suitable for children of all ages. The purpose of my book is to provide a tool to adults so they can start the conversation with children. It would be an excellent resource for families, teachers, school guidance officers, public libraries, social workers, community aid centres, and similar aid organizations.</p>
<p><b>depression</b> by Nina Mitchell (2015)</p>		
<p>Copies available at</p>		<p><a href="http://www.nutsaboutnina.com.au">www.nutsaboutnina.com.au</a></p>
<p><b>Between you and me (for children 8 – 12 years) and Let's talk About 'It' (for parents)</b></p>		<p>is a colourful 44 page 'flip' book, so two books in one. It describes mental illnesses, some myths, what helps and much more, in clear simple language. It includes art and messages from children who have learnt about mental illness by attending a group called CHAMPS. Parents' comments and activities are also included. The aim for this book is to encourage children and parents to talk more, ask more questions and find some answers about mental illness. This book was developed in 2015 by FaPMI at Mid West Area Mental Health Service (MWAMHS) with the contributions of many people. To obtain further copies of this book please contact: Mid West Area Mental Health Service, FaPMI Coordinator 4a Devonshire Rd, Sunshine 3020 (03) 9288 7000 or email Chris Dutton <a href="mailto:christopher.dutton@mh.org.au">christopher.dutton@mh.org.au</a></p>
	<p><b>The Elephant by Peter Carnavas</b></p>	<p>An exquisite first novel from acclaimed picture book author and illustrator Peter Carnavas about Olive, Dad and his elephant. Olive's father has a sadness so big that she imagines it as an enormous elephant following him around. Every day Olive sees the elephant, and every day she wishes it would go. With the help of Grandad and her best friend, Arthur, Olive sets out to chase the elephant away. But how can Olive move something so big?</p>
<p>Copies available at</p>		<p><a href="https://www.booktopia.com.au/the-elephant-peter-carnavas/prod9780702259616.html">https://www.booktopia.com.au/the-elephant-peter-carnavas/prod9780702259616.html</a></p>
	<p><b>You can't hide an elephant – book 1 (ages 7-12) by Sally Halligan</b> <b>A Children's Book about Mental Health</b></p>	<p>This illustrated book is used as supported reading for children with a parent with a diagnosed mental illness. The book encourages the 'elephant in the room' or the stigma of mental illness, to be discussed openly in an age appropriate manner. A wonderful book for families facing the associated challenges when a parent has a mental illness. The story is told through the voice of a female middle child. This book comes with a Safety Plan to complete with appropriate support. The book is the perfect way to start a conversation about mental health, feelings and experiences. It provides hope and guides the development of strategies that will help to empower children. It is a wonderful resource for therapists, case workers, counsellors, welfare officers, social workers, mental health nurses, group facilitators and parents</p>
<p><b>Health</b></p>		
<p>Copies available at</p>		<p><a href="http://www.write4life.com">www.write4life.com</a> or <a href="mailto:Halliganbooks@gmail.com">Halliganbooks@gmail.com</a></p>

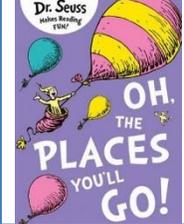
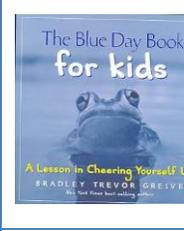
 <p><b>You can't hide an elephant - book 2 (Ages 7-12) by Sally Halligan A Children's Book about Family Violence</b></p> <p><b>Violence</b></p>	<p>This book is designed to be used as supported reading for children who have experienced family violence. The book is a wonderful way to start a conversation about family violence in an age appropriate manner. It also helps children voice their feelings about their personal experience. The story is told through the voice of the eldest boy, and identifies situations that children may face when someone in the family has been using violence. Children readily identify with the boy's feelings, which are conveyed thoughtfully within the text and illustrations. The book comes with a Safety Plan to complete and is 'must have' resource for therapists, case workers, group facilitators, refuge workers, welfare officers and parents.</p>
<p>Copies available at</p>	<p><a href="https://www.write4lifebooks.com/">https://www.write4lifebooks.com/</a> or <a href="mailto:Halliganbooks@gmail.com">Halliganbooks@gmail.com</a></p>
 <p><b>BIG and ME</b> by David Miller (2008)</p>	<p>Big and Small are machines that work together as a team. 'But some days Big goes a bit wobbly, and I get a lot worried.' Big malfunctions in a variety of ways and Small tries to help with the assistance of The Boss and Mechanic. The story is a metaphor for a child living with an adult who experiences mental illness but could also fit for children who have a parent with a substance misuse problem. BIG and ME is dramatically illustrated with paper sculpture.</p>
<p>Copies available at</p>	<p><a href="http://www.fordstreetpublishing.com">www.fordstreetpublishing.com</a></p>
 <p><b>The Weather House: Living with a Parent with Borderline Personality Disorder</b> by Lisa Laporte, PhD and Ronald Fraser M.D.</p>	<p>This book provides clinically sound and age-appropriate information for children, answering questions about the borderline personality disorder of a parent, and suggesting ways to cope with the difficult situations.</p> <p>Through analogies of weather patterns, the book provides psycho-educational comments by a "weather wiz" who explains the mother's sometimes strange behaviours that can be challenging to comprehend. The wonderful illustrations help with the understanding, and lighten the story with humour. This book will help teach children to better understand what is happening at home and how not to feel responsible for their parents' stormy times.</p>
<p>Copies available at</p>	<p><a href="https://www.unhookedmedia.com/stock/the-weather-house-living-with-a-parent-with-borderline-personality-disorder">https://www.unhookedmedia.com/stock/the-weather-house-living-with-a-parent-with-borderline-personality-disorder</a></p>
 <p><b>An Umbrella for Alex</b> by Dr. Rachel Rashkin</p>	<p>This book narrates a young boy's journey as he attempts to understand and cope with his mother's abrupt mood swings. Written to be read with a therapist, parent, or other trusted adult, the story of Alex reassures affected children that they did not cause and are not responsible for the volatile behaviour of their parent. Written by Dr. Rachel Rashkin-Shoot, a psychologist educated at the Adler School of Professional Psychology, with an amazing talent for explaining advanced notion in words that children can understand and enjoy. This book was wonderfully illustrated in colors by Danni Diol.</p>
<p>Copies available at</p>	<p><a href="https://www.unhookedmedia.com/stock/an-umbrella-for-alex">https://www.unhookedmedia.com/stock/an-umbrella-for-alex</a></p>
<p><b>'It's about you Too!</b></p> 	<p>' A guide for children who have a parent with a mental illness. Published by NSF (National Schizophrenia Fellowship, Scotland). Excellent little book.</p>

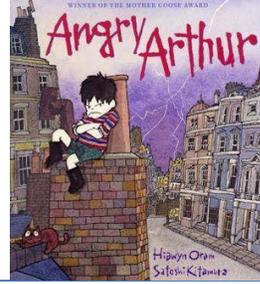
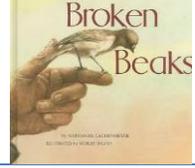
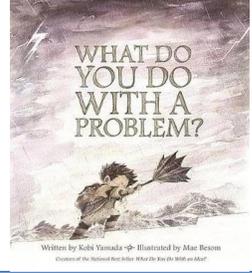
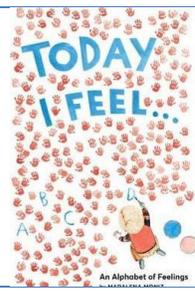
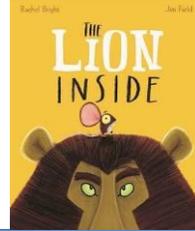
<p>Copies available at</p>	<p><a href="http://www.supportinmindscotland.org.uk/">http://www.supportinmindscotland.org.uk/</a></p>
 <p><b>In My Corner On the Moon</b> by Rachel Rashkin-Shoot (for ages age 11+)</p>	<p>This book is intended for children and adolescents who have experienced some form of trauma. Narrated by 12-year-old Abigail, the book is written in a straightforward but gentle style and has a strong psycho-educational component.</p> <p>The idea is to normalize the response that many children have to overwhelming events in their lives. Through Abigail's story, trauma is put into simple terms that kids can understand and it's done without delving into details of her own or any specific trauma, but focusing instead on responses to trauma and the healing process that follows.</p> <p>Interactive questions at the end of each page encourage discussion among children and the trusted adults in their lives.</p>
<p>Copies available at</p>	<p><a href="https://www.unhookedmedia.com/stock/in-my-corner-on-the-moon?rq=ln%20my%20corner">https://www.unhookedmedia.com/stock/in-my-corner-on-the-moon?rq=ln%20my%20corner</a></p>
 <p><b>Helicopter Man</b> by Elizabeth Fensham</p>	<p>About a boy whose father has schizophrenia, this diary- style book is pitched at children aged 10-13 and up. Very good. Published by Bloomsbury, distributed by Allen and Unwin.</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/helicopter-man-elizabeth-fensham/prod9780747575498.html">https://www.booktopia.com.au/helicopter-man-elizabeth-fensham/prod9780747575498.html</a></p>
 <p><b>'You're Not Alone': A SANE Guide to mental illness for children</b></p>	<p>A cartoon- style book inspired by the experiences of Dan Halloran whose mother had schizophrenia. The book is aimed for children aged 8-12 and is very readable. Available through SANE by phone or over their webpage</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com/Youre-Not-Alone-illness-children-ebook/dp/B00I9SYM04">https://www.amazon.com/Youre-Not-Alone-illness-children-ebook/dp/B00I9SYM04</a></p>
<p><b>Go Away, Mr. Worrythoughts!</b> By Nicky Johnston</p> 	<p>Bayden is an intelligent, confident and courageous boy. Yet his worry thoughts can be quite unbearable. See how Bayden discovers his superpowers, takes control and is able to live free and happy! .</p>
<p>Copies available at</p>	<p><a href="https://www.happyhero.com.au/about-the-books/">https://www.happyhero.com.au/about-the-books/</a></p>
 <p><b>The Worry Tree</b> by Marianne Musgrove</p>	<p>This booklet helps to relieve stress and anxiety in children. It's a novel that's ideal to read to your kids, or give to them to read themselves if they're aged if they're aged 7 to 11 years.</p> <p>(Winner of the Australian Family Therapists Award for Children's Literature 2008 and shortlisted for the Queensland Premier's Literary Award for Best Children's Book, the 2008 Adelaide Festival Award for Children's Literature and the Australian Children's Peace Literature Prize 2007.)</p>

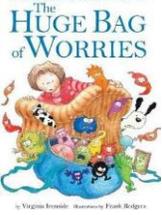
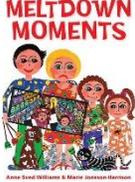
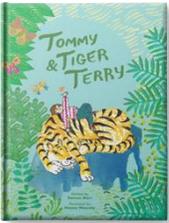
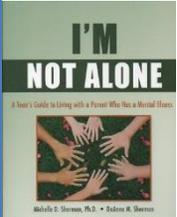
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 <p><b>Why are you so sad?</b> (2002) Author Beth Andrews</p>	<p>When a parent has depression, children often feel sad and confused themselves. This interactive book can help by:</p> <ul style="list-style-type: none"> <li>- Explaining depression and its treatment in kid terms</li> <li>- Reassuring children that their parents can get better</li> <li>- Exploring the many feelings children usually have</li> <li>- Helping children understand and express their feelings</li> <li>- Providing practical tips for coping with a parent's depression</li> <li>- Showing children how they can feel better too</li> </ul>
Copies available at	<a href="http://www.apa.org/pubs/magination/4418366.aspx">http://www.apa.org/pubs/magination/4418366.aspx</a>
 <p><b>Why are you so scared?</b> (2012) Author Beth Andrews</p>	<p>. When a parent has post-traumatic stress disorder (PTSD), children often feel confused, scared or helpless themselves. This interactive book can help by:</p> <ul style="list-style-type: none"> <li>- Explaining PTSD and its treatment in kid terms</li> <li>- Reassuring children that their parents can get better</li> <li>- Exploring the many feelings children usually have</li> <li>- Helping children understand and express their feelings</li> <li>- Providing practical tips for coping with a parent's PTSD</li> <li>- Showing children how they can feel better too</li> </ul>
Copies available at	<a href="https://www.booktopia.com.au/why-are-you-so-scared--beth-andrews/prod9781433810459.html">https://www.booktopia.com.au/why-are-you-so-scared--beth-andrews/prod9781433810459.html</a>
 <p><b>The Illustrated Mum</b> Wilson, J (1999), Double Day.</p>	<p>For children aged about 10 and over. About a young girl living in the wake of her mother's manic depression. Her older sister is on the brink of adulthood and facing the traumas of adolescence, and her mother is sinking further into her illness. Funny and touching, a great read.</p>
Copies available at	<a href="https://www.penguin.com.au/books/the-illustrated-mum-9781407045177">https://www.penguin.com.au/books/the-illustrated-mum-9781407045177</a>

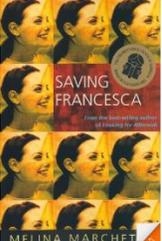
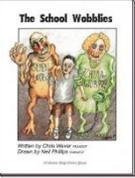
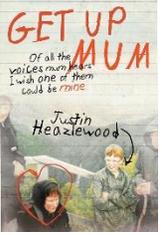
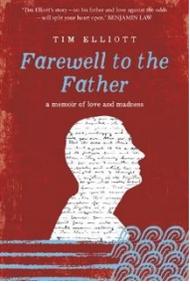
	<p><b>Can I Catch It Like A Cold?</b> Gretchen Kelbaugh</p>	<p>A story to help children understand a parent's depression. Aimed at children in the 5-9 year age range. Available via: Web Centre for Addiction and Mental Health 33 Russell Street Toronto, ON, Canada M5S 2S1</p>
<p>Copies available at</p>		<p><a href="https://www.bookdepository.com/Can-I-Catch-it-Like-Cold-Centre-for-Addiction-and-Mental-Health-Joe-Weissmann/9780887769566?ref=bd_recs_1_1">https://www.bookdepository.com/Can-I-Catch-it-Like-Cold-Centre-for-Addiction-and-Mental-Health-Joe-Weissmann/9780887769566?ref=bd_recs_1_1</a></p>
	<p><b>The Wise Mouse</b> Virginia Ironside 2004</p>	<p>This book is written for 5-11 year olds and aims to help them understand what is happening to a family member who may be experiencing mental illness. Available via: Young Minds website</p>
<p>Copies available at</p>		<p><a href="https://www.bookdepository.com/Wise-Mouse-Virginia-Ironside/9780954512309">https://www.bookdepository.com/Wise-Mouse-Virginia-Ironside/9780954512309</a></p>
	<p><b>Mama's Cloud</b></p>	<p>Author Jessica Williams addresses mental illness and depression with new children's book Mama's Cloud tells the story of a child trying to comprehend and combat their mother's mental illness.</p>
<p>Copies available at</p>		<p><a href="https://www.booktopia.com.au/mama-s-cloud-jessica-williams/prod9781775345626.html">https://www.booktopia.com.au/mama-s-cloud-jessica-williams/prod9781775345626.html</a></p>

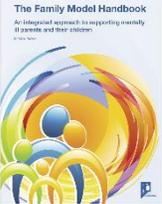
**GENERAL BOOKS FOR CHILDREN THAT ARE VERY SUITABLE FOR THIS GROUP**

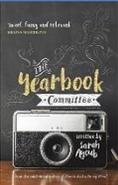
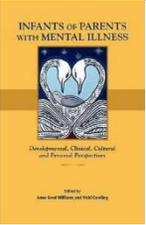
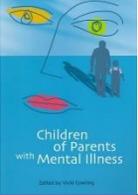
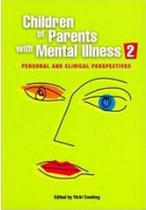
Book title & author	Description
 <p><b>Oh, the places you'll go!</b> Dr. Seuss.</p>	<p>Typical Dr. Seuss about overcoming adversity and the roller coaster that is life sometimes. Delightful.</p>
<p>Copies available at</p>	
<p><a href="https://www.bookdepository.com/Oh-Places-Youll-Go-Dr-Seuss/9780007413577">https://www.bookdepository.com/Oh-Places-Youll-Go-Dr-Seuss/9780007413577</a></p>	
 <p><b>The Blue Day Book for Kids – A lesson in Cheering yourself up</b></p>	<p>. Bradley Trevor Grieve. Kids version of adult book. Great pictures.</p>
<p>Copies available at</p>	
<p><a href="https://www.booktopia.com.au/the-blue-day-book-for-kids-bradley-trevor-grieve/prod9780740755392.html">https://www.booktopia.com.au/the-blue-day-book-for-kids-bradley-trevor-grieve/prod9780740755392.html</a></p>	

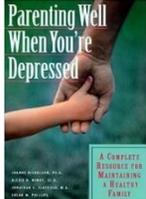
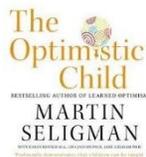
	<p><b>Angry Arthur</b> Hiawyn Oram</p>	<p>published by Red Fox Picture book about a young boy getting very angry and what happens. Good ending!</p>
<p>Copies available at</p>		<p><a href="https://www.booktopia.com.au/angry-arthur-hiawyn-oram/prod9781842707746.html">https://www.booktopia.com.au/angry-arthur-hiawyn-oram/prod9781842707746.html</a></p>
	<p><b>Broken beaks</b> Nathaniel Lachenmeyer</p>	<p>A beautiful story about the friendship between a small sparrow and a homeless man. It highlights the dignity of people with a mental illness. Lovely illustrations. Suitable for a range of ages. Michelle Anderson publishing Email: <a href="mailto:mapubl@bigpond.com">mapubl@bigpond.com</a></p>
<p>Copies available at</p>		<p><a href="https://www.booktopia.com.au/broken-beaks-nathaniel-lachenmeyer/prod9780855723354.html">https://www.booktopia.com.au/broken-beaks-nathaniel-lachenmeyer/prod9780855723354.html</a></p>
	<p><b>Feelings: Inside my heart and in my head</b> by Libby Walden</p>	<p>Explore a world of emotions with this stunning peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.</p>
<p>Copies available at</p>		<p><a href="https://www.bookdepository.com/Feelings-Libby-Walden/9781848575080">https://www.bookdepository.com/Feelings-Libby-Walden/9781848575080</a></p>
	<p><b>What do you do with a problem?</b> By Kobi Yamada</p>	<p>This is a story for anyone, at any age, who has ever had a problem that they wished would go away. It's a story to inspire you to look closely at that problem and to find out why it's here. Because you might discover something amazing about your problem and yourself.</p>
<p>Copies available at</p>		<p><a href="https://www.bookdepository.com/What-Do-You-Do-with-Problem-Kobi-Yamada/9781943200009?ref=pd_detail_1_sims_b_p2p_1">https://www.bookdepository.com/What-Do-You-Do-with-Problem-Kobi-Yamada/9781943200009?ref=pd_detail_1_sims_b_p2p_1</a></p>
	<p><b>Today I feel... : an alphabet of emotions</b> by Madalena Moniz</p>	<p>Beautifully illustrated by Madalena Moniz's subtle watercolors, Today I Feel . . . follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.</p>
<p>Copies available at</p>		<p><a href="https://www.bookdepository.com/Today-I-Feel-Madalena-Moniz/9781419723247?ref=pd_detail_1_sims_b_p2p_1">https://www.bookdepository.com/Today-I-Feel-Madalena-Moniz/9781419723247?ref=pd_detail_1_sims_b_p2p_1</a></p>
	<p><b>The Lion Inside</b> by Rachel Bright</p>	<p>A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar.</p>

Copies available at	<a href="https://www.bookdepository.com/Lion-Inside-Rachel-Bright/9781408331606?ref=pd_detail_1_sims_b_p2p_1">https://www.bookdepository.com/Lion-Inside-Rachel-Bright/9781408331606?ref=pd_detail_1_sims_b_p2p_1</a>
 <p><b>The Huge Bag of Worries</b> By Virginia Ironside</p>	A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.
Copies available at	<a href="https://www.bookdepository.com/Huge-Bag-Worries-Virginia-Ironside/9780340903179">https://www.bookdepository.com/Huge-Bag-Worries-Virginia-Ironside/9780340903179</a>
 <p><b>MELTDOWN MOMENTS</b> Meltdown Moments By Anne Sved Williams &amp; Marie Jonsson-Harrison</p>	This book is valuable to anyone living in a family with meltdowns and also to those working in educational settings who can use this book as a starting point for discussions about family emotions.
Copies Available at	<a href="https://wchfoundation.org.au/meltdownmoments/">https://wchfoundation.org.au/meltdownmoments/</a>
 <p><b>Tommy &amp; Tiger Terry</b></p>	A compelling book for children and parents and useful resource for any separated family to assist children to make sense of it all. The aim is easy – as we all want our kids to grow up into well balanced and psychologically healthy adults. Tommy is just the read to help kids understand that they are not alone.
Copies Available at	<a href="https://tobeloved.org.au/">https://tobeloved.org.au/</a>
<b>FOR YOUNG PEOPLE AND ADULTS</b>	
 <p><b>'I'm not Alone: A Teen's Guide to living with a parent who has a mental illness'</b> Michelle D. Sherman and DeAnne Sherman 2007</p>	This is a three-part book that honestly and gently addresses key issues in dealing with a parent who has a mental illness. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self-expression.
Copies available at	<a href="https://www.goodreads.com/book/show/6012412-i-m-not-alone">https://www.goodreads.com/book/show/6012412-i-m-not-alone</a>
<p><b>A Booklet for Young People about Mental Illness</b> ARAFMI WA Inc (1994). Perth : ARAFEMI (Association of Relatives and Friends of the Mentally Ill. )</p>	
<b>Joe's Diary</b>	A SANE guide especially written for young people who have a family member with a mental illness. It revolves around Joe who is twelve and whose mother has

	<p>schizophrenia. Very informative and well balanced, this is suitable for upper primary/secondary students. Parents have also reported finding it useful to give them a young person's perspective. Available by calling 9682-5933 or via the website</p>
<p><b>Website</b></p>	<p><a href="http://www.sane.org.au/">http://www.sane.org.au/</a></p>
 <p><b>Saving Francesca:</b> <i>Melina Marchetta</i></p>	<p>Written for older teenagers, this novel is narrated by a girl who has just commenced Year eleven at a new school and she and her family are also trying to deal with the affects of her mother's depression. It deals sensitively with some difficult issues but has the pace and humour to hold the attention of it's readers. 2003, Penguin Australia Books/Viking,</p>
<p>Copies available at</p>	<p><a href="http://www.penguin.com.au/products/9780143000976/saving-francesca">http://www.penguin.com.au/products/9780143000976/saving-francesca</a></p>
 <p><b>SHRINK-RAP Press Books</b></p>	<p>Useful for explaining mental health problems/disorders to older children, as in these books every point is illustrated by a cartoon. "TOO BLUE" - about depression and other mood disorders "THE PANIC BOOK" - shows how a panic disorder works and what can be done about it <b>THE SECRET PROBLEM</b> - Obsessive Compulsive Disorder in children is explained in clear and simple language. <b>Also "THE SCHOOL WOBBLIES"</b> - Written for children who have difficulty going to school because they are frightened or worry too much.</p>
<p>Copies available at</p>	<p><a href="http://www.shrinkrap.com.au/">http://www.shrinkrap.com.au/</a></p>
 <p><b>'Get Up Mum'</b> by Justin Heazlewood.</p>	<p>It's 1992 in Burnie, Tasmania and 12-year-old Justin lives alone with his mum. When she is well, Mum is perfect. She knows he likes his carrots raw and his toast cooled, and she knows how to sooth his growing pains. But when she is sick she cries uncontrollably and never gets out of bed. High school is on the horizon and Justin is bursting with adolescent energy. But his mum's mental illness hangs over him like a shadow and he feels the need to grow up fast. Told with youthful exuberance, <b>Get Up Mum</b> is a wildly endearing, entertaining and incredibly powerful memoir about love, family, and coming-of-age.</p>
<p>Copies available at</p>	<p><a href="http://affirmpress.com.au/publishing/get-up-mum/">http://affirmpress.com.au/publishing/get-up-mum/</a></p>
 <p><b>'Farewell to the Father'</b> by Tim Elliot.</p>	<p>this is an extraordinary memoir of growing up with a parent afflicted by mental illness: a complex elegy, powerfully told, loaded with love, rage and surprising humour. It is about the lengths children will go to protect themselves - and their families - from shame or harm, and how adapting to that adversity becomes and intractable part of who we are as adults.</p>
<p>Copies available at</p>	<p><a href="https://www.panmacmillan.com.au/9781743537893/">https://www.panmacmillan.com.au/9781743537893/</a></p>
<p><b>DUAL DIAGNOSIS/SUBSTANCE MISUSE</b></p>	
<p>WEBSITE:</p>	<p>NSW Department of Community Services have developed a comprehensive resource kit for working with children and families around issues of dual diagnosis. Has booklets for</p>

	<p>children, parents and foster parents and two books for children and adolescents. Look at the website for ordering details. Page <a href="http://www.community.nsw.gov.au/parents,-carers-and-families/publications-for-parents,-carers-and-families">http://www.community.nsw.gov.au/parents,-carers-and-families/publications-for-parents,-carers-and-families</a></p>
 <p><b>Max &amp; Tyra</b> Kim Bedford • Emma Fisher</p>	<p>Published by the Mirabel Foundation, June 2009. A picture book featuring two children who go to live with their Nan after their mum is unable to care for them due to substance misuse.</p>
<p>Copies available at</p>	<p><a href="https://www.mirabelfoundation.org.au/images/Max_Tyra.pdf">https://www.mirabelfoundation.org.au/images/Max_Tyra.pdf</a></p>
 <p><b>Wishes and Worries: Coping with a parent who drinks too much alcohol.</b></p> <p>Centre for Addiction and Mental Health, Canada.</p>	<p>Description: A story to help children understand a parent who drinks too much alcohol.</p> <p>The book is written for children aged 5 to 10 years old, for use by parents, extended family, teachers and professionals who want to address the impact of a parent's problem with alcohol in children's lives. The book answers children's questions such as: "Does dad drink so much because of me?," "Is dad's drinking problem going to get worse?," and "Is my family different?"</p>
<p>Copies available at</p>	<p><a href="http://nancykeane.com/booktalks/centre_wishes.htm">http://nancykeane.com/booktalks/centre_wishes.htm</a></p>
<p><b>The Coloured Kit</b> <i>Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT.(2007)</i></p>	<p>The Coloured Kit is a resource that provides support and information for young people and their families, where a parent has a mental illness/dual diagnosis. The Kit was designed to support and empower young people and their families and was produced as collaboration between a group of experienced young people, the Youth Coalition and the Children of Parents with a Mental Illness Project, Mental Health ACT. ??</p>
<h2 style="background-color: orange; color: white; padding: 5px;">LOSS AND GRIEF</h2>	
<p>Link to a website 'Surviving Parents with a mental illness' developed by Suzette Misrachi</p>	<p><a href="https://sites.google.com/site/workwithin/grief%26loss">https://sites.google.com/site/workwithin/grief%26loss</a></p>
<h2 style="background-color: orange; color: white; padding: 5px;">GENERAL FOR PROFESSIONALS AND FOR PARENTS/FAMILIES</h2>	
 <p><b>The Family Model Handbook:</b> Dr. Adrian Falkov Pavilion</p>	<p>An integrated Approach to supporting mentally ill parents and their children</p>
<p>Copies available at</p>	<p><a href="https://www.pavpub.com/mental-health/children-mental-health/the-family-model-handbook">https://www.pavpub.com/mental-health/children-mental-health/the-family-model-handbook</a></p>

 <p><b>'The Yearbook Committee'</b> by Sarah Ayoub</p>	<p>One of the five main characters has to balance high school with working to pay the bills and hiding his mother's depression from his classmates and teachers.</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com.au/Yearbook-Committee-Sarah-Ayoub-ebook/dp/B0150UE3QG">https://www.amazon.com.au/Yearbook-Committee-Sarah-Ayoub-ebook/dp/B0150UE3QG</a></p>
 <p><b>Infants of Parents with Mental Illness: Developmental, Clinical, Cultural and Personal Perspectives.</b> Sved Williams, A., &amp; Cowling, V. (Eds.). (2008). Brisbane: Australian Academic Press.</p>	<p>Throughout this book, the authors examine the effects of adverse life circumstances on infant and family and, in most cases, also describe assessments and interventions.</p>
<p>Copies available at</p>	<p><a href="https://www.bookdepository.com/Infants-Parents-with-Mental-Illness-Vicki-Cowling/9781921513039">https://www.bookdepository.com/Infants-Parents-with-Mental-Illness-Vicki-Cowling/9781921513039</a></p>
 <p><b>For Parents: Making Time to Talk:</b> Advice for parents with mental illness.</p>	<p>Published by Support in Mind Scotland</p>
<p>Book can be downloaded from the following website</p>	<p><a href="https://www.supportinmindscotland.org.uk/Handlers/Download.ashx?IDMF=8c1ff0ab-8c2e-4fd7-81f3-4a0595fcb1a">https://www.supportinmindscotland.org.uk/Handlers/Download.ashx?IDMF=8c1ff0ab-8c2e-4fd7-81f3-4a0595fcb1a</a></p>
 <p><b>Children of Parents with Mental Illness</b> by Vicki Cowling</p>	<p>Children of Parents with Mental Illness is a groundbreaking study into the frequently overlooked impact on children whose parents have a mental illness. By balancing theory with first-hand experiences from parents and adult children, it examines the nature of a wide range of psychological disorders.</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com.au/Children-Parents-Mental-Illness-Cowling/dp/0864312822">https://www.amazon.com.au/Children-Parents-Mental-Illness-Cowling/dp/0864312822</a></p>
 <p><b>Children of Parents with Mental Illness 2: Personal and Clinical Perspectives</b> by Vicki Cowling</p>	<p>Children of Parents with Mental Illness 2 looks at the insights and experiences of children and adults who have lived or grown up with parents with a mental illness. The experiences highlight the need to think of all family members when a parent has a mental illness and identifies the needs of children to belong and have someone to talk to about their experiences.</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com/Children-Parents-Mental-Illness-Perspectives/dp/0864314736">https://www.amazon.com/Children-Parents-Mental-Illness-Perspectives/dp/0864314736</a></p>

<p><b>Parental Psychiatric Disorder Editions 1 and 2</b>                  Gopfert, M., Webster, J. &amp; Seeman, M.V. (Eds.) (1996).                  Cambridge: Cambridge University Press.</p>	<p><a href="https://www.cambridge.org/core/services/aop-cambridge-core/content/view/3B1B1A2FFE96A0CDC2D6BD6950F0671E/9780511543838c3_p22-49_CBO.pdf/parental_psychiatric_disorder_and_the_developing_child.pdf">https://www.cambridge.org/core/services/aop-cambridge-core/content/view/3B1B1A2FFE96A0CDC2D6BD6950F0671E/9780511543838c3_p22-49_CBO.pdf/parental_psychiatric_disorder_and_the_developing_child.pdf</a></p>
 <p><b>Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family</b> Nicholson, J., Henry, A.D., Clayfield, J.C. &amp; Phillips, S.M. (2001)</p>	<p>Parents with depression may feel depleted by the burden of coping with their disorder and unprepared for the challenge of providing a healthy environment for their children. This guide, based on more than ten years of study of depressed parents and their families, offers strategies, action plans, and resources to help depressed parents provide for their children's healthy development.</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com/Parenting-Well-When-Youre-Depressed/dp/1572242515">https://www.amazon.com/Parenting-Well-When-Youre-Depressed/dp/1572242515</a></p>
 <p><b>The Optimistic Child</b> Seligman, Martin E.P. A Revolutionary Approach to raising resilient children. Random House.</p>	<p>In The Optimistic Child, Dr. Martin Seligman offers parents, teachers, and coaches a well-validated program to prevent depression in children. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism -- dwelling on the most catastrophic cause of any setback -- and depression. Seligman shows adults how to teach children the skills of optimism that can help them combat depression, achieve more on the playing field and at school, and improve their physical health.</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/the-optimistic-child-martin-seligman/prod9781864713015.html">https://www.booktopia.com.au/the-optimistic-child-martin-seligman/prod9781864713015.html</a></p>
 <p><b>Working with children in groups – A handbook for counsellors, educators and community workers.</b> Kathryn Geldard and David Geldard. A bible for people wanting to run groups for children.</p>	<p>With its effective outcomes, relative speed and reduced costs, the group format is becoming increasingly popular for work with children in counselling and educational settings.</p> <p>Drawing from their extensive experience of running children's groups and training group leaders, Kathryn and David Geldard describe the entire process of running groups from the initial planning to post-group evaluation.</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/working-with-children-in-groups-kathryn-geldard/prod9780333921432.html">https://www.booktopia.com.au/working-with-children-in-groups-kathryn-geldard/prod9780333921432.html</a></p>



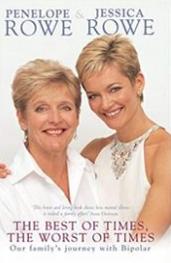
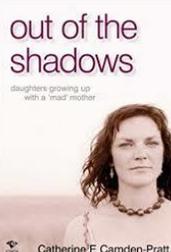
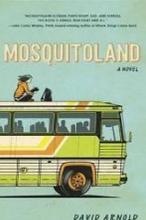
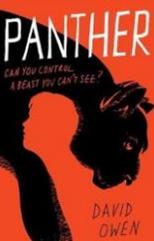
Parenting with  
Personality Disorder  
and Complex Mental  
Health Issues  
Intervention

A Manual for Health Professionals

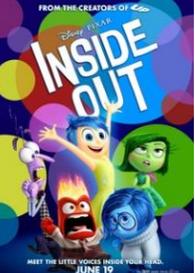


**Parenting  
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<https://ro.uow.edu.au/cgi/viewcontent.cgi?article=1022&context=uowbooks>

 <p><b>THE BEST OF TIMES, THE WORST OF TIMES</b> Our family's journey with Bipolar</p> <p><b>Penelope Rowe &amp; Jessica Rowe</b></p> <p><b>Published by Allen &amp; Unwin</b></p>	<p><b>The Best of Times, The Worst of Times - Our Family's Journey with Bipolar</b> By Penelope Rowe &amp; Jessica Rowe</p>	<p>Penelope and Jessica Rowe have something in common, Bipolar disorder. Penelope has lived with it for over forty-five years although she was not diagnosed until her early thirties. Jessica has lived with it all her life - as the eldest child of an ill mother. This is their story about coping with an unpredictable enemy, and the way in which, with the support of family and friends, they managed to get through each day and survive.</p>
<p>Copies available at</p>	<p><a href="https://www.amazon.com/Best-Times-Worst-Familys-Journey/dp/1741146615">https://www.amazon.com/Best-Times-Worst-Familys-Journey/dp/1741146615</a></p>	
 <p><b>out of the shadows</b> daughters growing up with a 'mad' mother</p> <p><b>Catherine E Camden-Pratt</b></p>	<p><b>Out of the Shadows</b> By Catherine E Camden-Pratt <b>Finch Publishing</b></p>	<p>Growing up in a family with a 'mad' parent can be traumatic and overwhelming. Out of the Shadows brings together 11 women including the author who tell their stories of living with a mentally ill mother. They reveal the impact this has had on their lives and their intimate relationships and the richness that comes from making sense of their mother's madness and its influences.</p>
 <p><b>MOSQUITOLAND</b> A NOVEL</p> <p><b>DAVID ARNOLD</b></p>	<p><b>Mosquitoland</b> by David Arnold</p>	<p>A Young Adult novel about a 16-year-old girl on a journey to visit her mum in a psychiatric hospital, while dealing with her own mental health issues, and the repercussions of her aunt's suicide</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/mosquitoland-david-arnold/prod9781472218902.html?zsrc=dsa-feed&amp;gclid=Cj0KCQjwnpXmBRDUARIsAEo71tTqvkyjS-uZjprk6BbkLZddqQLVUias2qnmvl3HGGVk7ki7eMkPu6caAuOLEALw_wcB">https://www.booktopia.com.au/mosquitoland-david-arnold/prod9781472218902.html?zsrc=dsa-feed&amp;gclid=Cj0KCQjwnpXmBRDUARIsAEo71tTqvkyjS-uZjprk6BbkLZddqQLVUias2qnmvl3HGGVk7ki7eMkPu6caAuOLEALw_wcB</a></p>	
 <p><b>PANTHER</b> CAN YOU CONFESS, I HEART THE CAT'S PEE? <b>DAVID OWEN</b></p>	<p><b>Panther</b> by David Owen</p>	<p>Life isn't going terribly well for Derrick; he's become severely overweight, his only friend has turned on him, he's hopelessly in love with a girl way out of his league, and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart.</p>
<p>Copies available at</p>	<p><a href="https://www.booktopia.com.au/panther-david-owen/prod9780349002743.html">https://www.booktopia.com.au/panther-david-owen/prod9780349002743.html</a></p>	

## VIDEOS/CD'S/FILM

<p><b>'Hard Words'</b> second edition 2001.</p>	<p>A 7 minute animated video featuring five children who have a parent with a mental illness. It tells their stories and what helps them and is designed to facilitate discussion about mental illness for children aged 8-12 years old.</p> <p>Available by contacting Rose Cuff on 03 9385 5100</p>
<p><b>When a parent has a mental illness</b> - <i>The Royal College of Psychiatrists (U.K.)</i></p>	<p>This video gives an idea of what might be going on for some and is aimed at young carers themselves. Young carers talk about their lives caring for a parent with mental illness. Narrated by Chineye, a young carer herself, the film also explains in a very simple and visual way how the brain works and what happens when things go wrong.</p> <p><b>YouTube link</b> <a href="https://www.youtube.com/watch?v=6b_0k_ZqaVE&amp;feature=youtu.be">https://www.youtube.com/watch?v=6b_0k_ZqaVE&amp;feature=youtu.be</a></p>
<p><b>The Impact of Parental Mental Health on Children – Dr Alan Cooklin</b></p>	<p>This lecture will examine the impact of parental mental illness on children. There are 175,000 young carers of parents with mental illness in the UK but maybe as many as 1,000,000 children affected by an adult's mental illness. They worry about their parents and perhaps be blame themselves, or fear that they will also 'catch' it. Film illustrations will be given of very small interventions which can help protect children from the negative effects.</p> <p><b>YouTube link</b> <a href="https://www.youtube.com/watch?v=UnIzyimUcr0">https://www.youtube.com/watch?v=UnIzyimUcr0</a></p>
<p><b>Koping Kids Kall Out</b></p> <p>KOPING Video and Booklet:</p>	<p>The Koping Adolescent Program (KAP) produced a CD of original songs and music based on their experiences of having a parent with a mental illness.</p> <p>Supporting young people whose parents are living with a mental health problem.          Child &amp; Youth Mental Health Service          Royal Children's Hospital and Health Service District          P.O. Box 1507, Fortitude Valley, QLD 4006</p> <p><b>For enquires</b> contact the KOPING forum on (07) 3266 3100 or email <a href="mailto:koping@health.qld.gov.au">koping@health.qld.gov.au</a></p>
 <p><b>Movie 'About A Boy'</b></p>	<p>A film based on the book by Nick Hornby. Story revolves around a boy with a single mum who has depression and at times is suicidal. The film is available on video. It is rated M but can usefully be used with upper primary children if the right excerpts are used, and certainly with teenagers.</p>
 <p><b>Movie 'Inside Out'</b></p>	<p>An animated children's film about an 11-year-old girl Riley who's world is turned upside down when she and her parents move to San Francisco. Riley's emotions -- led by Joy (Amy Poehler) -- try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness (Phyllis Smith) to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear and Disgust.</p>

	<p><b>Captain Fantastic</b></p>	<p>Ben Cash (Viggo Mortensen), his wife Leslie and their six children live deep in the wilderness of Washington State. Isolated from society, Ben and Leslie devote their existence to raising their kids -- educating them to think critically, training them to be physically fit and athletic, guiding them in the wild without technology and demonstrating the beauty of co-existing with nature. When Leslie dies suddenly, Ben must take his sheltered offspring into the outside world for the first time.</p>
	<p><b>The Glass Castle</b> (memoir and film):</p>	<p>Four siblings must learn to take care of themselves as their responsibility-averse, free-spirit parents both inspire and inhibit them. When sober, the children's brilliant and charismatic father captured their imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Meanwhile, their mother abhorred the idea of domesticity and didn't want to take on the work of raising a family</p>

## NEWSLETTERS

<p><b>Young Carers newsletter</b> Carers NSW</p>	<p>For young carers, their families and interested others. Published quarterly. Available from: Carers NSW. Email: <a href="mailto:daryn@carersnsw.asn.au">daryn@carersnsw.asn.au</a> Website: <a href="http://www.carersnsw.org.au/">http://www.carersnsw.org.au/</a></p>
<p><b>FIRESIDE On Fire!</b></p>	<p>Newsletter of the "On Fire!" initiative; supporting young people whose parents or siblings have mental health issues. On Fire! is based in Sydney. Contact: Nickolas Yu E-mail: <a href="mailto:onfiresydney@iprimus.com.au">onfiresydney@iprimus.com.au</a>  Website: <a href="http://www.sfnsw.org.au/On-Fire/Home#.VJN2E14AA">http://www.sfnsw.org.au/On-Fire/Home#.VJN2E14AA</a></p>

## WEB PAGES

	<p><a href="https://emergingminds.com.au/resources/library/?s=copmi">https://emergingminds.com.au/resources/library/?s=copmi</a> A wealth of resources including online training and videos e-learning Keeping Families and Children in Mind, Family Focus, Child Awareness Practice Let's Talk About Children Supporting Infants and Toddlers, Building Blocks Trauma and the child</p>
	<p><a href="https://www.easternhealth.org.au/site/item/477-information-for-children-and-young-people">https://www.easternhealth.org.au/site/item/477-information-for-children-and-young-people</a> Information and resources for workers, parents and children about supporting Families where a Parent has a Mental Illness (FaPMI) and the FaPMI Strategy in the eastern metropolitan region of Melbourne</p>
	<p><a href="http://www.carersvictoria.org.au/how-we-help/young-carers">http://www.carersvictoria.org.au/how-we-help/young-carers</a> Support and information for young carers</p>
	<p><a href="http://www.tandemcarers.org.au/">http://www.tandemcarers.org.au/</a> Tandem is the Victorian peak body representing family and friends supporting people living with mental health issues</p>
	<p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> Includes good downloadable information</p>
	<p><a href="http://www.headspace.org.au/">http://www.headspace.org.au/</a> Australia's national Youth Mental Health Foundation</p>

	<p><a href="https://au.reachout.com">https://au.reachout.com</a> For adolescents, parents</p>
	<p><a href="https://kids helpline.com.au/">https://kids helpline.com.au/</a> Kids Help Line webpage</p>
	<p><a href="https://woah.org.au">https://woah.org.au</a> website for children and young people experiencing family violence</p>
	<p><a href="http://www.copmi.net.au/kids-young-people">http://www.copmi.net.au/kids-young-people</a> A website for young people with family or friends affected by mental illness</p>
	<p><a href="http://www.sane.org/">http://www.sane.org/</a> Supporting the mental health of Australians affected by complex mental illness.</p>
	<p><a href="http://www.mentalhealthcarersaustralia.org.au">http://www.mentalhealthcarersaustralia.org.au</a> Mental Health Carers Australia formerly known as ARAFEMI (Association of Relatives and Friends of the Emotionally and Mentally Ill)</p>
	<p><a href="http://www.vtmh.org.au/">http://www.vtmh.org.au/</a> Victorian Transcultural Psychiatry Unit</p>
	<p><a href="https://innovativeresources.org">https://innovativeresources.org</a> St. Luke's Innovative Resources – fantastic games, cards, stickers for children and adults. A must for utilising a strengths-based approach.</p>
	<p><a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a> The National Depression Initiative.</p>
	<p><a href="http://www.satellitefoundation.org.au">www.satellitefoundation.org.au</a> The Satellite Foundation is committed to providing children, young people and their families where a parent has a mental illness with opportunities to participate in peer support, activities and events that offer support, information, hope and social connections - in Victoria, Australia.</p>
<h2 style="background-color: #f4a460; padding: 5px; margin: 0;">OTHER USEFUL CONTACTS</h2>	
	<p>Victorian Mental Illness Awareness Council (VMIAC) Peak advocacy body for consumers <a href="http://www.vmiac.org.au/">http://www.vmiac.org.au/</a></p>
	<p>The Bouverie Centre is a state wide service offering a clinical service for families, and a range of training and education sessions. Contact the Bouverie Centre on 9385 5100 or <a href="http://www.latrobe.edu.au/bouverie">http://www.latrobe.edu.au/bouverie</a> .</p>
	<p>Wellways Australia Limited is a leading not-for-profit mental health and disability support organisation with services in Queensland, New South Wales, the Australian Capital Territory, Victoria and Tasmania. Our <a href="#">services</a> span mental health, disability and community care, and reach thousands of people each year Webpage: <a href="https://www.wellways.org/">https://www.wellways.org/</a></p>