Books and Resources

For Families where a Parent has a Mental Illness (FaPMI)

LA TROBE UNIVERSITY

the bouverie centre
est 1956

Acknowledgment of Country

We would like to acknowledge the Wurundjeri People of the Kulin nation as the Traditional Owners/ Custodians of the land on which we work. We recognise their continuing connection to land, water, and community. We pay our respect to Elders past, present and the emerging leaders of the future.

Acknowledgment of lived and living experience

The Bouverie Centre acknowledges people with lived and living experiences as workers, consumers, family members and carers, including those who have gone before us or are no longer with us. It is only by being informed and driven by the voices, collective experience, and wisdom of those with lived and living experience that we may create meaningful change.

Author's Note

This document, compiled and updated by The Bouverie Centre, Victoria, is open for additions or amendments via FaPMIenquiries@latrobe.edu.au; although not all listed resources are endorsed by the FaPMI Program, please report any inappropriate or unhelpful resources through the same email.

Updated 08/05/2024

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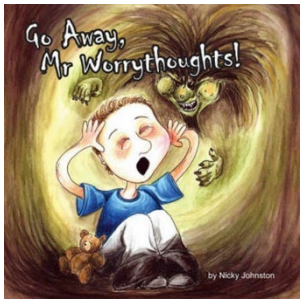
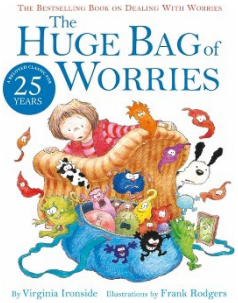
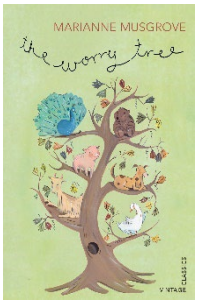
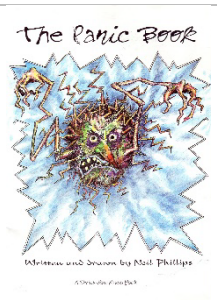
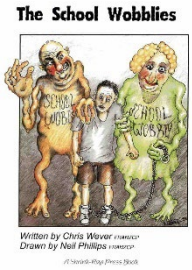
Anxiety Disorder

Target: Children

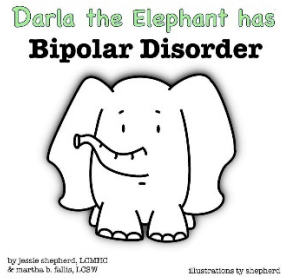
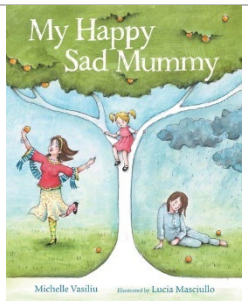
Book Info	Description
 Available at: Amazon, Booktopia, Dymocks	**Go Away, Mr Worrythoughts!** *by Nicky Johnston (2008)* Bayden is an intelligent, confident, and courageous boy. Yet his worry thoughts can be quite unbearable. See how Bayden discovers his superpowers, takes control and is able to live free and happy! This simple story has been nicely written and illustrated to help encourage children like Bayden manage and overcome their anxiety.
 Available at: Amazon, Booktopia, Dymocks	**The Huge Bag of Worries** *by Virginia Ironside (1994)* A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times. Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they must go, but who will help her get rid of them?
 Available at: Amazon, Booktopia, Dymocks	**The Worry Tree** *by Marianne Musgrove (2012)* Juliet's a worrywart but then she makes a remarkable discovery. Behind the wallpaper in her new bedroom, Juliet uncovers an old painting of a very special tree. Nana remembers it well. It's the Worry Tree, and with the help of a duck called Delia and the other Worry Tree animals, Juliet just might be able to solve some of life's big problems.

Target: Teens to Young Adults

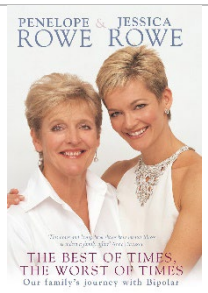
Book Info	Description
 Available at: Kids Health NSW	**The Panic Book** *by Neil Phillips (2010)* Having a full-blown panic attack is a horrifying business and feels deadly, although it's not ... Most of the suffering caused by panic disorder is unnecessary because effective treatments are available and safe. "The Panic Book" will tell you a lot about panic and it will tell you how it can be treated and beaten. It is written and illustrated by a psychiatrist who has worked with panicky people for many years."
 Available at: Amazon, Booktopia, Silvereye	**The School Wobblies** *by Chris Wever (2022)* Some children find it very hard to go to school because it makes them so anxious and worried. This is known as "School Phobia". If a child refuses to go over a long period it can wreck his or her education and cause parents and schools a lot of worry and frustration. In fact, any significant refusal to go to school is an urgent problem and should be quickly dealt with. The School Wobblies provides parents, teachers and mental health professionals with solutions to this common problem.

Bipolar Disorder

Target: Children

Book Info	Description
 Available at: Amazon, Booktopia, Dymocks	**Darla the Elephant has Bipolar Disorder** *by Jessie Shepherd (2017)* Darla the Elephant has Bipolar Disorder is a picture book that takes a unique look at the positive and negative characteristics of Bipolar Disorder. Meeting inspiring Darla you get to experience how her day to day routine is, the aspects that she will have to cope with, the amazing personality traits that she has, and how she can learn new skills to be the best cat she can be. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience.
 Available at: Amazon, Booktopia, Dymocks	**My Happy Sad Mummy** *by Michelle Vasiliu (2021)* "Sometimes Mummy has happy days, where she talks and laughs all day long. Sometimes Mummy is sad. She cries all day and stays in bed. Sometimes she's so sad she has to go to hospital." The symptoms of a mental illness can be challenging enough for adults to understand and live with. For a child whose parent lives with bipolar disorder, witnessing and experiencing the highs and lows that this particular mental illness brings with it can be very difficult for a child to process. 'My Happy Sad Mummy' provides both a starting point; for the necessary dialogue that will lead the child to a clearer awareness and understanding of their parent's illness, as well as comfort; to know that their experience is a shared one.

Target: Parents/Families and Professionals

Book Info	Description
 Available at: Amazon, Booktopia	**The Best of Times, The Worst of Times: Our Family's Journey with Bipolar** *by Penelope Rowe and Jessica Rowe (2005)* 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.

Personality Disorder

Target: Children

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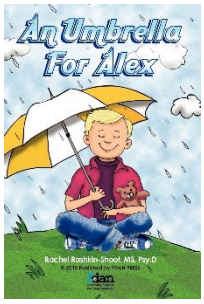
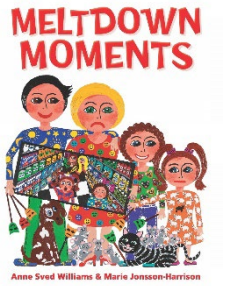
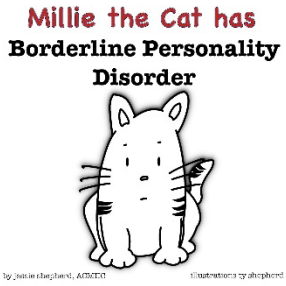
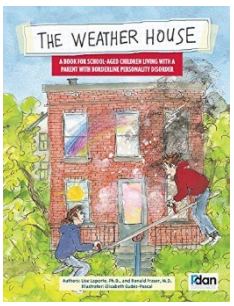
 Available at: Amazon, Booktopia	**An Umbrella for Alex** *by Rachel Rashkin-Shoot (2012)* An Umbrella for Alex narrates a young boy's journey as he attempts to understand and cope with his mother's abrupt mood swings. Written to be read with a therapist, parent, or other trusted adult, the story of Alex reassures affected children that they did not cause and are not responsible for the volatile behaviour of their parent. Borderline Personality Disorder (BPD) is a mental illness that affects some adults and manifests itself by abrupt mood swings and episodes of anger or desperation. It impacts family relationships, especially parenting interactions, in frightening and confusing ways. This book is suitable for both boys and girls, and the absence of the term "Borderline Personality Disorder" in it makes the book available to a wider audience, specifically those children whose mother or father has been diagnosed with Narcissistic Personality Disorder, Bipolar Disorder or other mental illness.
 Available at: Amazon	**Meltdown Moments** *by Anne Syed Williams (2019)* This book provides supportive material and tools for parents who have been diagnosed with Borderline Personality Disorder, yet the tools can help all families live a calmer life. Sometimes they are simply part of everyday life and are a reaction to the tensions of life, particular strains of illness, money, and other family pressures.
 Available at: Amazon, Booktopia	**Millie the Cat has Borderline Personality Disorder** *by Jessie Shepherd (2015)* Millie the Cat has Borderline Personality Disorder is a picture book that takes a unique look at the positive and negative characteristics of Borderline Personality Disorder. Meeting kind Mille you get to experience how her day-to-day routine is, the aspects that she will have to cope with, the amazing personality traits that she has, and how she can learn new skills to be the best cat she can be. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience.

 Available at: [Amazon]	**The Weather House: Living With a Parent With Borderline Personality Disorder** *by Lisa Laporte and Ronald Fraser (2013)* This illustrated book for school-aged children provides, through touching story, clinically sound and age-appropriate information for children, giving them clear answers to frequently asked questions about the borderline personality disorder of a parent, and suggesting ways to cope with the situations. Through analogies of weather patterns, the book describes two days in the chaotic life of David and Mary. Psychoeducational comments are provided throughout the book by a weather wiz who explains, in a simple manner, to both the characters and readers, the mother s sometimes strange behaviours that can be challenging to comprehend

Target: Parents/Families and Professionals

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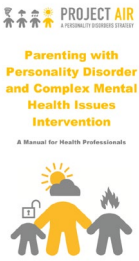
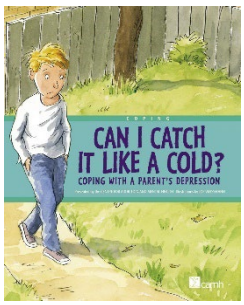
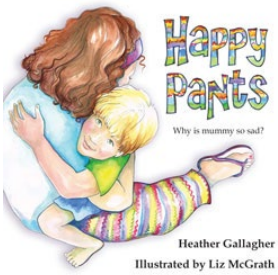
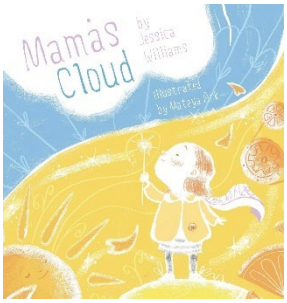
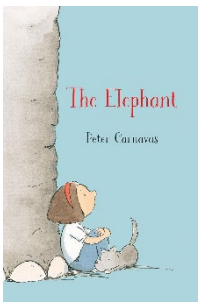
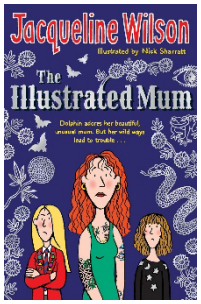
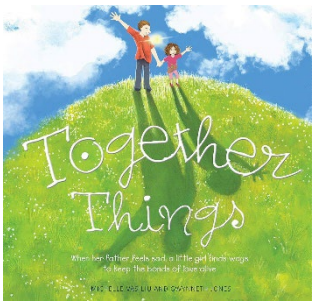
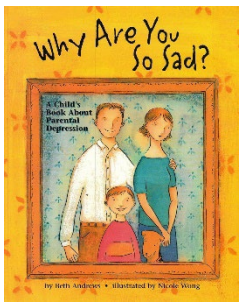
 Available at: [University of Wollongong]	**Parenting with Personality Disorder and Complex Mental Health Issues Intervention** *by Penelope Rowe and Jessica Rowe (2005)* Penelope and Jessica Rowe have something in common, bipolar disorder. Penelope has lived with it for over forty-five years although 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.

Depression

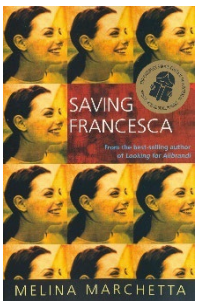
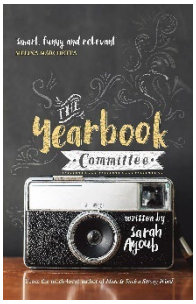
Target: Children

Book Info	Description
 Available at: Amazon, Booktopia (eBook)	**Can I Catch It Like a Cold?** *by Centre for Addiction and Mental Health (2009)* Young Alex's father had been a policeman until he began to suffer from depression, perhaps the most common mental health issue we face. Alex's questions are those that are often asked by the children of parents who have depression: is the parent simply lazy? Does he no longer care? And is it something I can catch, like a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it reassures a child that he or she is not alone.
 Available at: Amazon, Booktopia, Catch	**Happy Pants: Why is Mummy So Sad?** *by Heather Gallagher (2014)* When Mummy wears her happy pants we build sandcastles, go out for babycinos, and have lots and lot of cuddles. But when she comes home with baby Darcy, her happy pants stay in her wardrobe... Happy Pants is a heartfelt way to help older children know that their mum's postnatal depression is not because of them, that dads are loving and caring, families can support each other, and that mum will get better with help.
 Available at: Amazon, Booktopia, Dymocks	**Mama's Cloud** *by Jessica Williams (2018)* Mama is the most wonderful person in the world, but when a dark cloud drifts in and settles over her, her inner magic seems to vanish. There must be something that can make the cloud disappear...but what? A beautifully illustrated picture book which gently broaches the topic of mental illness and the love within families.

 Available at: Amazon, Dymocks, QBD	**The Elephant** *by Peter Carnavas (2020)* A jewel of a middle-grade novel about a resilient little girl who longs for her dad to break free from the elephant of his depression. When Olive's dad drags himself to work in the morning, the elephant goes with him. When he comes home again, so does the elephant. It's always there, heavy and silent, casting a shadow of sadness over him. Olive knows it has been like this since her mother passed away when she was a year old, and she can't stand to see her father burdened anymore. With help from her grandfather and her best friend Arthur, she hatches a plan to rid her family of the elephant once and for all.
 Available at: Amazon, Booktopia	**The Illustrated Mum** *by Jacqueline Wilson (1999)* 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.
 Available at: Amazon, Booktopia, Catch	**Together Things: When Her Father Feels Sad, A Little Girl Finds Ways to Keep the Bonds of Love Alive** *by Michelle Vasiliu (2020)* Through wonderous illustrations and a compelling story, young children can understand the importance of mental health discussions and that sometimes they must adapt their interactions while the people in their lives focus on their mental health.

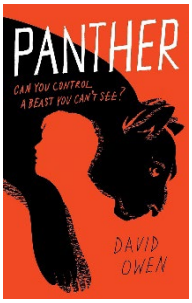
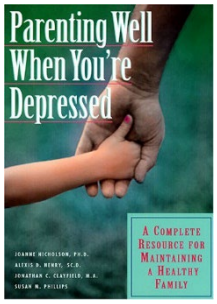
 Available at: Amazon	**Why Are You So Sad?** *by Beth Andrews (2002)* When a parent has depression, children often feel sad and confused themselves. This interactive book can help by: • Explaining depression and its treatment in kid terms • Reassuring children that their parents can get better • Exploring the many feelings children usually have • Helping children understand and express their feelings • Providing practical tips for coping with a parent's depression • Showing children how they can feel better too

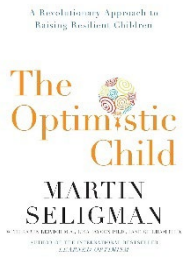
Target: Teens to Young Adults

Book Info	Description
 Available at: Amazon, Booktopia, Dymocks, QBD	**Saving Francesca** *by Melina Marchetta (2006)* 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 effects of her mother's depression. It deals sensitively with some difficult issues but has the pace and humour to hold the attention of its readers.
 Available at: Amazon, Book Grocer, QBD	**The Yearbook Committee** *by Sarah Ayoub (2016)* The book revolves around five teenagers, five different lives and one final year. 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.

 Available at: Silvereye	**Too Blue: A Book About Depression and other Mood Disorders** *By Neil Phillips (1999)* Too Blue, will take you on a journey into the world of depression. Through words and cartoons this book vividly illustrates and explains depression and other mood disorders. The simple text and many drawings bring the symptoms of depression and the havoc of mania into clear focus. Treatments are described and explained in a balanced way. A special section is provided for those who want to know something about the underlying workings of the brain and how they relate to depression.

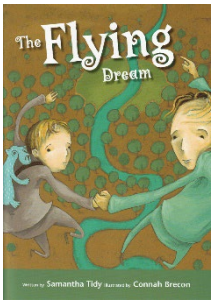
Target: Parents/Families and Professionals

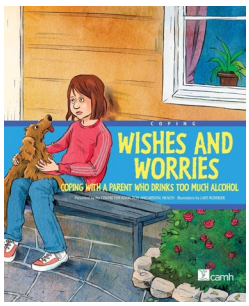
Book Info	Description
 Available at: Amazon, Booktopia	**Panther** *by David Owen (2016)* Life isn't going terribly well for Derrick; he's become severely overweight, his only friend has turned on him, he's hopelessly in love with a girl way out of his league, and it's all because of his sister. Her depression, and its grip on his family, is tearing his life apart.
 Available at: Amazon	**Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family** *by Joanne Nicholson, Alexis Henry, Jonathan Clayfield (2001)* 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.

 Available at: Amazon, Dymocks, QBD	**The Optimistic Child** *by Martin Seligman (2011)* 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. As Seligman states, 'Teaching children optimism is more, I realized, than just correcting pessimism . . . It is the creation of a positive strength, a sunny but solid future-mindedness that can be deployed throughout life -- not only to fight depression and to come back from failure, but also to be the foundation of success and vitality.'

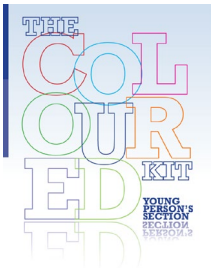
Dual Diagnosis/Substance Use

Target: Children

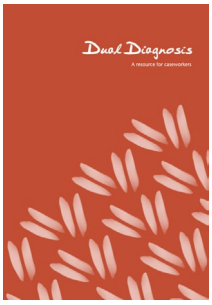
Book Info	Description
 Available at: Mirabel Foundation	**Max & Tyra** *by Kim Bedford (2009)* A picture children's book tells the story of two children coming to terms with the loss of their mother due to illicit drug use and their experiences living with their Nan.
 Available at: NSW DoCS	**The Blue Polar Bear** *by Samantha Tidy (2009)* This beautifully illustrated book is for children 5-7 years. Its aim is to help workers, carers and parents to introduce the issues of parental dual diagnosis (mental illness and substance misuse), explore concerns and encourage positive coping and help-seeking behaviours.
 Available at: NSW DoCS	**The Flying Dream** *by Samantha Tidy (2009)* This beautifully illustrated storybook assists children aged 8 – 12 with parental dual diagnosis (mental illness/substance abuse) and transition towards understanding and acceptance. The vibrant illustrations and empathetic characters promote discussions around mental illness, addiction, and foster care. Overall, it is a sensitive resource validating children's emotions during parental illness.

 Available at: Amazon, Google (eBook)	**Wishes and Worries: Coping with A Parent Who Drinks Too Much Alcohol** *By Centre for Addiction and Mental Health, Canada (2011)* Wishes and Worries is an excellent way to open a discussion between adult and child. It provides straightforward answers to common questions. Why does my parent drink? Will I drink too much, too? What can I do to help? Is it my fault? The book also includes important information for parents, teachers, and professionals. Wishes and Worries is an excellent resource for children affected by adult problems.

Target: Teens to Young Adults

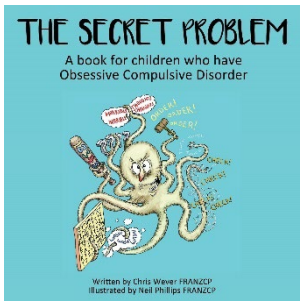
Book Info	Description
 Available at: COPMI	**The Coloured Kit** *by The Youth Coalition ACT and COPMI (2007)* The Coloured Kit is a resource that provides support and information for young people and their families, where a parent has a mental illness/dual diagnosis. The Kit was designed to support and 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.

Target: Parents/Families and Professionals

Book Info	Description
 Available at: NSW DoCS	**Dual Diagnosis: A Resource for Caseworkers** *by NSW Dept. of Community Services (2009)* This publication was developed by the NSW Department of Community Services (DoCS) through the National Illicit Drug Strategy sponsored by the Australian Government Department of Family and Community Services. It talks about parenting with a dual diagnosis and the common scenarios of different mental illnesses and substance use.

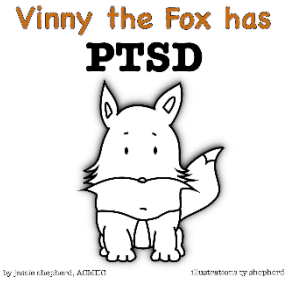
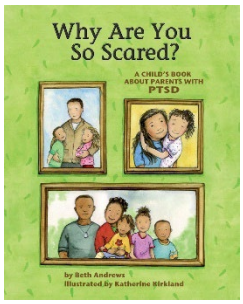
Obsessive Compulsive Disorder (OCD)

Target: Teens and Young Adults

Book Info	Description
 Available at: Amazon, Booktopia, Dymocks	**The Secret Problem** *By Elizabeth Fensham (2005)* In The Secret Problem, Obsessive Compulsive Disorder (OCD) is explained in clear and simple language. Cartoons are used to help children, teenagers, and their parents understand the problem and its treatment. The book identifies OCD as a biological problem and clearly describes how the individual and the family are not to blame for it. Of course, like many biological problems that cause psychological distress and painful changes in behaviour, secondary psychological. processes often multiply the difficulties and increase suffering. Any family with a distressed child needs knowledge and coping skills that will heal rather than promote the problem. That is the aim of The Secret Problem.

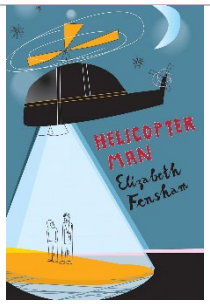
PTSD and Trauma

Target: Children

Book Info	Description
  Available at: Amazon (eBook)	**In My Corner on the Moon: A Story for Kids who Experienced Trauma** *by Rachel Rashkin-Shoot (2013)* In My Corner On the Moon 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. 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. Interactive questions at the end of each page encourage discussion among children and the trusted adults in their lives.
 Available at: Amazon, Booktopia, Dymocks	**Vinny the Fox has PTSD** *by Jessie Shepherd (2015)* Vinny the Fox has PTSD is a picture book that takes a unique look at the positive and negative characteristics of Post Traumatic Stress Disorder. Meeting brave Vinny you get to experience how his day to day routine is, the aspects that he will have to cope with, the amazing personality traits that he has, and how he can learn new skills to be the best cat she can be. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience.
 Available at: Amazon, Booktopia	**Why Are You So Scared?** *by Beth Andrews (2020)* When a parent has PTSD, children can often feel confused, scared, or helpless. Why Are You So Scared? explains PTSD and its symptoms in nonthreatening, kid-friendly language, and is full of questions and exercises that kids and parents can work through together. The interactive layout encourages kids to express their thoughts and feelings about PTSD through writing, drawing, and designing. This book can serve as a practical tool for kids to cope with and eventually feel better about their parent's PTSD.

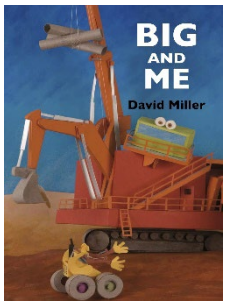
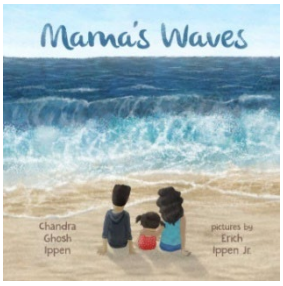
Psychosis or Schizophrenia

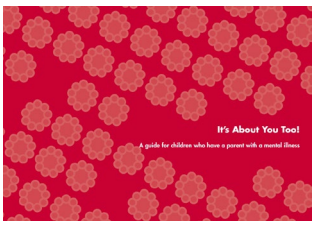
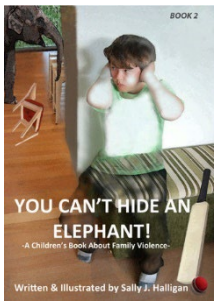
Target: Children

Book Info	Description
 Available at: Amazon, Booktopia, Dymocks	**Helicopter Man** *by Elizabeth Fensham (2005)* A mystery, an adventure story, and an ultimately hopeful book about a child dealing with his father's schizophrenia. Pete's dad is being pursued by a secret organisation and both their lives are in danger. That's why they never stay in the same place long, and always stay out of sight. Pete knows he leads an unusual life for a twelve-year-old boy, but he's never dared to ask questions before. Now he needs some answers. He's clever, he starts to piece the scraps of information together, but he isn't prepared for the truth.

General and/or Complex Mental Health Illnesses

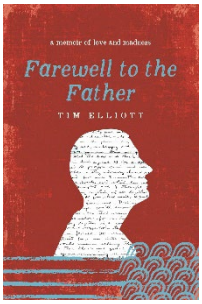
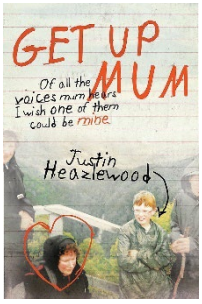
Target: Children

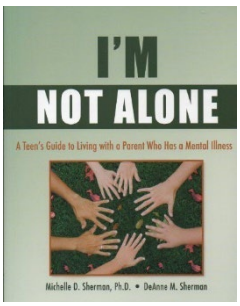
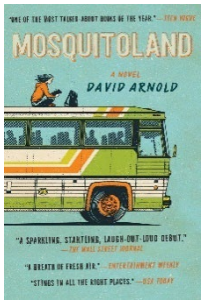
Book Info	Description
 Available at: Your local FaPMI team	**Between you and me (for children 8 – 12 years) and Let's talk About 'It' (for parents)** A colourful 44 page 'flip' book, so two books in one. It describes mental illnesses, some myths, what helps and much more, in clear simple language. It 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 copies of this book contact local FaPMI Team or FaPMI Statewide.
 Available at: Ford St Publishing, QBD	**Big and Me** *by David Miller (2008)* 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." Through the book Big malfunctions in a variety of ways and Small tries to help with the assistance of The Boss, Mechanic and Tools. The story is a metaphor for a child living with an adult who suffers from mental illness. Big and Me is dramatically illustrated with paper sculpture.
 Available at: Amazon, Booktopia, Dymocks	**Mama's Waves** *by Chandra Ghosh Ippen and Erich Ippen (2020)* Millions of young children live in families with an adult who is struggling due to trauma (ACEs), mental illness (PTSD, depression, bipolar), substance abuse, or other addiction. This book was designed to support them and their families. We hope that Ellie's story opens doors to conversations that young children need to have.

 Available at: East London Foundation Trust	**It's About You Too! A Guide for Children who have a Parent with a Mental Illness** *by Support in Mind Scotland* This publication may be particularly helpful for children aged 8 – 10. Other booklets in this series: • A guide for young people who have a parent with mental illness. • Advice for parents with mental illness.
 Available at: Write4Life Books	**You Can't Hide an Elephant – Book 1 (Ages 7 – 12)** by Sally Halligan 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.
 Available at: Write4Life Books	**You Can't Hide an Elephant – Book 2: A Children's Book about Family Violence (Ages 7 – 12)** by Sally Halligan This invaluable 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.

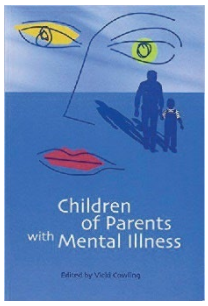
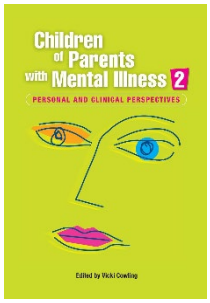
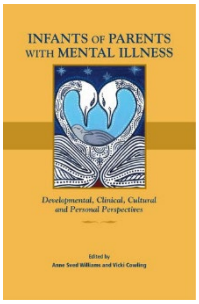
 Available at: Amazon (eBook)	**You're Not Alone: A SANE Guide to Mental Illness for Children** *by SANE Australia* This Guide explains through a simple picture-story what mental illness is, how it is treated, and how to cope on a day-to-day basis. It is intended to provide information which helps children to understand and cope better with their situation. The book is aimed for children aged 8-12 and is very readable.

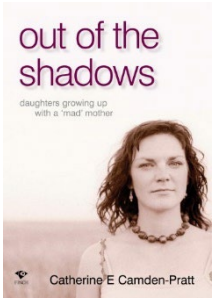
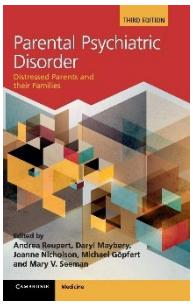
Target: Teens to Young Adults

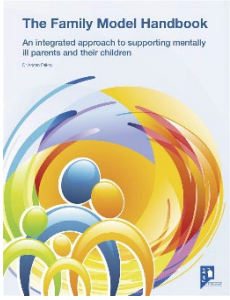
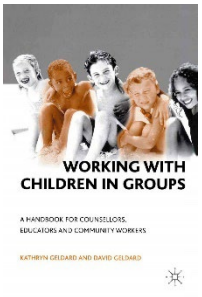
Book Info	Description
 Available at: Amazon, Booktopia, QBD	**Fare to the Father** *by Timothy Elliott (2016)* This is an extraordinary memoir of growing up with a parent afflicted by mental illness: a complex elegy, powerfully told, loaded with love, rage, and surprising humour. It is about the lengths 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.
 Available at: Amazon, Booktopia	**Get Up Mum** *by Justin Heazlewood (2017)* With High School on the horizon, Justin feels the need to grow up fast. He must learn to navigate new friends, girls, and spirituality, all the while trying to deal with his mum's schizophrenia. Told with a youthful exuberance, Get Up Mum is a wildly endearing, entertaining and incredibly powerful memoir about love, family, mental illness and growing up.

 Available at: Amazon, Seed of Hope	**I'm Not Alone: A Teen's Guide to Living with A Parent Who has A Mental Illness** *by Michelle Sherman and DeAnne Sherman (2007)* 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.
 Available at: Amazon, Booktopia	**Mosquitoland** *by David Arnold (2016)* After the collapse of her family, Mim Malone is dragged from her home in northern Ohio to the "wastelands" of Mississippi, where she lives in a medicated milieu with her dad and new stepmom. Before the dust has a chance to settle, she learns her mother is sick back in Cleveland. So, she ditches her new life and hops aboard a northbound Greyhound bus to her real home and her real mother, meeting a quirky cast of fellow travellers along the way. But when her thousand-mile journey takes a few turns she could never see coming, Mim must confront her own demons, redefining her notions of love, loyalty, and what it means to be sane.
 Available at: East London Foundation Trust	**Need to Know. A Guide for Young People who have a Parent with Mental Illness** *by Support in Mind Scotland* This publication may be particularly helpful for young people aged 11 – 14. Other booklets in this series: • A guide for children who have a parent with mental illness. • Advice for parents with mental illness.

Target: Parents/Families and Professionals

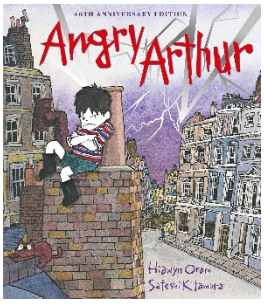
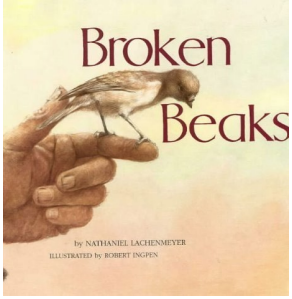
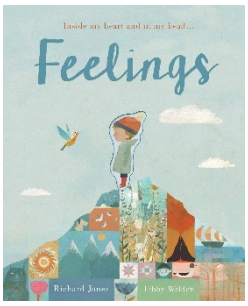
Book Info	Description
 Available at: Amazon, Booktopia, QBD	**Children of Parents with Mental Illness** *by Vicki Cowling (1999)* Children of Parents with Mental Illness is a groundbreaking study into the frequently overlooked impact on children whose parents have a mental illness. By balancing theory with first-hand experiences from parents and adult children, it examines the nature of a wide range of psychological disorders. Through case studies, it analyses a parent's ability to still function in the role of caregiver, and the impact their illness can have on their children.
 Available at: Amazon	**Children of Parents with Mental Illness 2: Personal and Clinical Perspectives** *by Vicki Cowling (2004)* 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. Complimenting these personal accounts are clinical chapters written by Australian practitioners with a rich and diverse range of experiences.
 Available at: Amazon, Booktopia, Readings	**Infants of Parents with Mental Illness: Developmental, Clinical, Cultural, and Personal Perspectives** *Anne Sved Williams (2009)* 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. Several chapters have been written by people personally affected by mental illness, or mental illness of a family member. This provides in-depth and often poignant understanding of the perspective of those living with the effects of such illnesses and helps to expand our knowledge and skills to work with at-risk families.

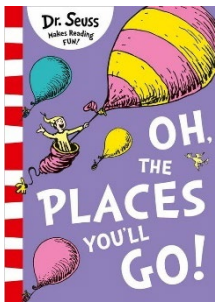
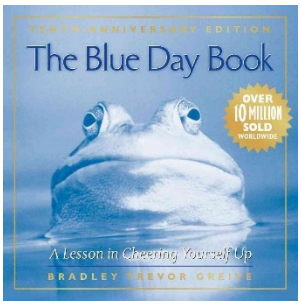
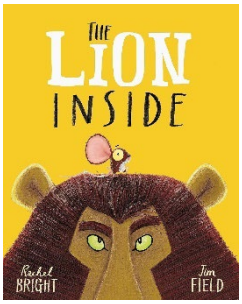
 Available at: East London Foundation Trust	**Making Time to Talk. Advice for Parents with Mental Illness** *by Support in Mind Scotland* If you have a mental illness, you may find it hard to cope, particularly if you're a parent. Bringing up children is never easy, and all parents wonder if they are doing it right. If you have mental health problems, you may worry about how this will affect your children and how you'll manage. This booklet looks at what it's like for the children and gives advice about what you can do. If you are in any way worried about your children, the best thing is to talk about it – to your family, your friends, neighbours or a medical or care worker. Talking about your children is important to all parents. Other booklets in this series: • A guide for children who have a parent with mental illness. • A guide for young people who have a parent with mental illness.
 Available at: Amazon	**Out of the Shadows: Daughters Growing Up with a Mad Mother** *by Catherine Camden-Pratt (2007)* 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. Their stories are resolutely honest, showing the pain and everyday challenges of these difficult mother-daughter relationships. In sharing their lives, these women encourage us to embrace difference in others and to question conventional medical thinking and our own fears and attitudes about madness. Through this book we can celebrate their triumphs of spirit and their courage in exploring the legacies of their family lives. Even for those who have not grown up with madness, but who struggle with complex relationships within their families, this book will be an inspiration.
 Available at: Amazon, Cambridge Press	**Parental Psychiatric Disorder: 3rd Edition** *edited by Andrea Reupert, Darryl Maybery, Joanne Nicholson, Michael Göpfert, Mary V.Seeman (2015)* Parental Psychiatric Disorder presents an innovative approach to thinking about and working with families where a parent has a mental illness. Issues around prevalence, stigma and systems theory provide a foundation for the book, which offers new paradigms for understanding mental illness in families. The impact of various parental psychiatric disorders on children and family relationships are summarized, including coverage of schizophrenia, depression, anxiety, substance abuse disorders, eating disorders, personality disorders and trauma. Multiple innovative interventions are outlined, targeting children, parents, and families, as well as strategies that foster workforce and organisational development.

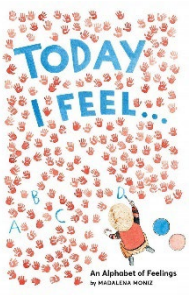
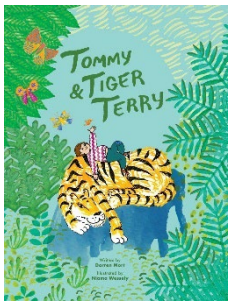
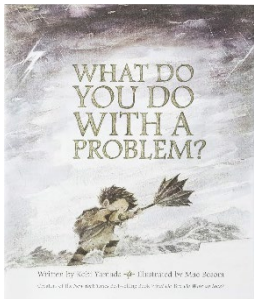
	Incorporating different theoretical frameworks, the book enhances understanding of the dimensions of psychiatric disorders from a multigenerational perspective, making this an invaluable text for students, researchers, and clinicians from many mental health disciplines.
 Available at: Amazon, Booktopia	**The Family Model Handbook: Managing the Impact of Parental Mental Health on Children** *by Adrian Falkov (2012)* This enhanced Family Model provides the conceptual framework to support clinical approaches to family focused practice. Additional principles have been added, including a service dimension to ensure that service provision is explicitly incorporated into thinking and practice, and a culture and community component to ensure that broader factors influencing individuals and impacting on family life are also addressed.
 Available at: Amazon, Springer	**Working with Children in Groups: A Handbook for Counsellors, Educators and Community Workers** *by Kathryn & David Geldard (2017)* 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. Topics covered include the benefits and disadvantages of running groups and the types of groups available, as well as the planning, designing, implementation and evaluation of group programmes. Filled with lots of ideas, activities, games and worksheets for use in group programmes, as well as examples of complete programmes for particular problems such as domestic violence and low self-esteem, this highly accessible and practical book will be an invaluable resource for anyone wishing to run groups for children.

Emotional Awareness and Wellness

Target: Children

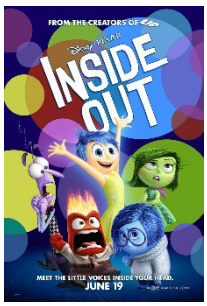
Book Info	Description
 Available at: Amazon, Dymocks, QBD	**Angry Arthur** *by Hiawyn Oram* Once there was a boy called Arthur, who wanted to stay up and watch TV, but his mother won't let him. "I'll get angry," said Arthur, and he did. Very, very angry...
 	**Broken Beaks** *by Nathaniel Lachenmeyer* 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.
 Available at: Amazon, Booktopia, Kmart	**Feelings: Inside My Heart and in My Head** *by Libby Walden* What you feel is who you are... 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.

 Available at: Big W, Booktopia, Kmart	**Oh, The Places You'll Go!** *by Dr. Seuss* Typical Dr. Seuss about overcoming adversity and the roller coaster that is life sometimes. Delightful.
 Available at: Amazon, QBD	**The Blue Day Book for Kids – A Lesson in Cheering Yourself Up** *by Bradley Trevor Greive (2010)* The deceptively simple, imaginative story line reflects a child's sensibility about the symptoms, causes and cures for those times when children feel tired, grumpy, left out, or think that nothing ever goes as they planned. Even on days when brussels sprouts are served at dinner… a cherished toy must be shared... a homework avalanche looms… or a silly mistake is made in front of friends or family, this book provides children with a literary umbrella to laugh off the unexpected rain life can bring.
 Available at: Amazon, Booktopia, QBD	**The Lion Inside** *By Rachel Bright (2016)* In a dry dusty place where the sand sparkled gold, stood a mighty flat rock, all craggy and old. And under that rock in a tinyful house, lived the littlest, quietest, meekest brown mouse. Fed up of being ignored by the other animals, Mouse wishes he could roar like Lion. But, as he discovers, even the biggest, bossiest people are scared sometimes ... and even the smallest creatures can have the heart of a lion!

 Available at: Amazon, Booktopia, Dymocks	**Today I feel…: An Alphabet of Emotions** *by Madalena Moniz (2017)* 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.
 Available at: Amazon, Booktopia	**Tommy & Tiger Terry** *by Darren Mort (2019)* 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.
 Available at: Amazon, Booktopia	**What Do You Do with A Problem?** *by Kobi Yamada (2016)* "What do you do with a problem? Especially one that follows you around and doesn't seem to be going away? Do you worry about it? Ignore it? Do you run and hide from it? This is the story of a persistent problem and the child who isn't so sure what to make of it.

Videos and Film

Media Info	Description
 Available at: Amazon Prime, Paramount	**About A Boy** *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. It is rated M but can usefully be used with upper primary children if the right excerpts are used, and certainly with teenagers.* Movie
 Available at: Netflix	**Captain Fantastic (2016)** 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. Movie
 Available at: Your local FaPMI Team	**Hard Words: 2nd Edition** 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. Video

 Available at: Amazon Prime, Disney+	**Inside Out (2015)** An animated children's film about an 11-year-old girl Riley whose 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. Movie
 Available at: Amazon Prime	**The Glass Castle (2017)** 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. Movie
 Available at: YouTube	**The Impact of Parental Mental Health on Children** *by Dr. Alan Cooklin* 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. Lecture
 Available at: YouTube	**When a Parent has a Mental Illness** *by The Royal College of Psychiatrists UK* 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. Video

Other Helpful Sites

Site	Description
Beyond Blue	**Beyond Blue** The National Depression Initiative
Carer Gateway	**Carer Gateway** Australian Government program providing free services and support for carers.
Carers Australia	**Carer Australia** Carers Australia is the national peak body representing Australia's unpaid carers, advocating on their behalf to influence policies and services at a national level.
COPMI Children of Parents with a Mental Illness	**Children of Parents with a Mental Illness (COPMI)** A national initiative develops information for parents, their family, and friends in support of these kids and young people.
Eastern Health	**Eastern Health** 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.
emerging minds	**Emerging Minds** Emerging Minds is dedicated to advancing the mental health of Australian children, with free online courses, programs and resources.
headspace	**Headspace** headspace is Australia's National Youth Mental Health Foundation, providing early intervention mental health services to 12-25 year olds.
Innovative Resources	**Innovative Resources** St. Luke's Innovative Resources – fantastic games, cards, stickers for children and adults. A must for utilising a strengths-based approach.
kids help line	**Kids Helpline** Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

LiTTLE DREAMERS	**Little Dreamers** Supporting young people aged 4 to 25 who provide care for a family member affected by disability, chronic or mental illness, addiction, or frail age.
MentalHealthCarers Australia	**Mental Health Carers** An advocacy group solely concerned with the well-being and promotion of the needs of families and carers supporting someone with mental ill health.
REACH OUT	**ReachOut** Designed with – and specifically for – young people, ReachOut is 100% online, anonymous, and confidential, and lets young people connect on their terms.
SANE AUSTRALIA	**SANE** SANE is for people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.
satellite FOUNDATION	**Satellite Foundation** A not-for-profit that connects and empowers children and young people who have a family member living with mental health challenges.
tandem	**Tandem** Tandem is the Victorian peak body representing family, carers and supporters of people living with mental health challenges.
the bouverie centre	**The Bouverie Centre** The Bouverie Centre is a statewide service offering a clinical service for families, and a range of training and education sessions. Contact the Bouverie Centre on 9385 5100 of FaPMIenquiries@latrobe.edu.au
Victorian Transcultural MENTAL HEALTH	**Victorian Transcultural Mental Health (VTMH)** VTMH supports the mental health of diverse people, communities, and systems.
VMIAC by and for consumers	**Victorian Mental Illness Awareness Council (VMIAC)** The peak Victorian organisation for people with a lived experience of mental health problems or emotional distress.
wellways	**Wellways** Wellways' services span mental health, disability, and community care, and reach thousands of people each year.

WHAT'S OK AT HOME	**What's Ok At Home (WOAH)** An organisation called Safe and Equal, formerly Domestic Violence Victoria and Domestic Violence Resource Centre Victoria, and make websites, videos, apps, brochures, posters, and lots more to help people understand what family violence is, why it happens, how to recognise it and how to help others who are experiencing it.
YOUNGMINDS fighting for young people's mental health	**Young Minds** Leading charity in the UK with a cause of fighting for a world where no young person feels alone with their mental health. Has good downloadable content.