

Resources for Supporting Families Dealing with Parental Mental Illness

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BOOKS – For Elementary School Age Youth

Andrews, B. (2002). *Why are you so sad? A child's book about parental depression*. New York: Magination Press.

Brindamour, L. (2001). *Someone in my family has a mental illness: A workbook*. Family Services of the North Shore, British Columbia. Available at:
http://www.bccf.bc.ca/cgi-bin/miva?Merchant2/merchant.mv+Screen=PROD&Store_Code=BCCF&Product_Code=MSC+135&Category_Code=FL (ages 7-13).

Campbell, B. (2003). *Sometimes my mommy gets angry*. New York: Penguin Young Readers Group.

Clarke, L. (2006). *Wishing wellness: A workbook for children of parents with mental illness*. New York: Magination Press.

Fensham, E. (2005). *Helicopter man*. Bloomsbury USA (ages 5-12) [short story about a dad who has schizophrenia]

SANE Australia. *You're not alone: SANE guide for children*. www.sane.org

Sessions, D. (1994). *My mom is different*. New York: Sidran Press. (ages 4-8; about having a mom with multiple personality disorder)

Sobkiewicz, T (1994). *Our special Mom and Our special Dad*. Children of Mentally Ill Parents, P.O. Box 7272, Pittsburg, PA 15213

Warner, S. (2001). *How to be a real person (in just one day)*. Knopf Books for Young Readers (Ages 4-8)

BOOKS - For Teenagers

Bellenir, K. (2006). *Mental health information for teens: Health tips about mental health and mental illness, including facts about mental and emotional health, depression and other mood disorders, anxiety disorders, behavior disorders, self-injury, psychosis, schizophrenia, and more*. Omnigraphics.

Marchetta, M. (2006). *Saving Francesca*. Random House Children's Books. [novel about maternal depression]

SANE Australia. *Joe's Diary: A sane guide for young people*. www.sane.org

Sherman, M.D., & Sherman, D.M. (2006). *I'm not alone: A teen's guide to living with a parent who has a mental illness*. www.seedsofhopebooks.com

Sherman, M.D., & Sherman, D.M. (2006). *Finding my way: A teen's guide to living with a parent who has experienced trauma*. www.seedsofhopebooks.com

BOOKS – For Parents

Beardslee, W. (2003). *When a parent is depressed: How to protect your children from the effects of depression in the family*. Little, Brown & Company.

Nicholson, J., Henry, A.D., Clayfield, J.C., & Phillips, S.M. (2001). *Parenting well when you are depressed: A complete resource for maintaining a healthy family*. New York: New Harbinger Publications.

BOOKS –For Professionals (Academic issues)

Beardslee, W. R. (2005). *Out of the darkened room: Protecting the children and strengthening the family when a parent is depressed*. DIANE Publishing Company.

Cowling, V. (1999). *Children of parents with mental illness*. Australian Council for Educational Research, Ltd. Ebook available at: http://www.ebooks.com/ebooks/book_display.asp?IID=242659

Gopfert, M., Webster, J., & Seeman, M.V. (2004). *Parental psychiatric disorder: Distressed parents and their families*. Cambridge University Press.

Hetherington, R., Baistow, K., Katz, I., Mesie, J., & Trowell, J. (2002). *The welfare of children with mentally ill parents: Learning from inter-country comparisons*. New York: John Wiley & Sons.

WEBSITES

<http://www.parentingwell.info/index.html> **Parenting Well Project**

<http://www.mhasp.org/coping/guardians.html> **Helping Children Understand Mental Illness: A Resource For Parents And Guardians** (A project of the Mental Health Association of Southeastern Pennsylvania)

<http://www.nmha.org/children/invisibleinfo.cfm> **Invisible Children's Project**

<http://www.howstat.com/comic/> **COMIC - Children of Mentally Ill Consumers**

www.copmi.net.au **COPMI: Children of Parents with a Mental Illness**

www.nnaami.org **National Network of Adult and Adolescent Children who have a Mentally Ill Parent/s – Australia**

VIDEOS/MOVIES

Out of the Shadow – Susan Smiley www.outoftheshadow.com

I love You Like Crazy: Being A Parent with Mental Illness by Mental Illness Education Project Videos, www.miepvideos.org

Canvas (2006) <http://www.canvasthefilm.com>