



between You and me

A book for **children** who
have a parent with mental illness.

Acknowledgements

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CHAMPS groups are programs that aim to give children 8 – 12 years old, age appropriate information about mental illness. The children meet other children who may be in a similar situation and learn about healthy coping strategies in a fun and supportive environment. Parents and other family members are an important part of the program.

We hope everyone who reads this book finds it helpful in their journey to increase their understanding of how mental illness may impact parents and their children.

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

Graphic Designer: Sara Tatai

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Parents' section

Flip this book

Welcome.



This book is for children and their parents who have a mental illness. We hope you will learn a bit more about mental illness from reading the stories and doing the activities.

It is important you know:

- You cannot catch a mental illness like a cold.
- It is no one's fault when someone becomes sick.
- Talking and listening to each other can help.
- Smiles and hugs help too!

In this book you will read messages from children who have learnt about mental illness by attending a group called CHAMPS.

We hope you learn some new ideas from this book and have fun too.

Our aim for this book is to encourage you to talk more, ask more questions and find some answers about mental illness.

Always remember, you are not alone
and it's okay to feel the way you do.



About mental illness.



“It was really interesting learning about the brain and the mental illnesses.”

– Jack, 10 years old.

Different illnesses affect different parts of the body. A mental illness affects the brain.

Brains are full of messages coming into and out from different parts of the body.

Usually the messages flow to the brain smoothly. When there is an illness in the brain, the messages can get mixed up.

This means that a person's ideas become confused. They might also feel things differently.

The way the person thinks, talks and behaves can be different to the way they would normally.

If a person has these problems for a long time a doctor can help find out what the problem is and treat the illness.

What do you know about mental illness?

Have a go at answering this mental illness quiz. The answers are available on page 22.

1. A mental illness can be caught like a cold.

True
False

3. All people with a mental illness are affected in the same way.

True
False

5. It's not the person's fault they have a mental illness.

True
False

7. All people with a mental illness are very dangerous.

True
False

2. There are lots of different things that can be done to help someone with a mental illness.

True
False

4. Many parents get a mental illness because of the way their children behave.

True
False

6. I am probably the only person in my school who has a parent with a mental illness.

True
False

8. I will definitely get a mental illness because my Mum or Dad has one.

True
False

What can cause mental illness?



“Sometimes my dad talks with someone called a counsellor. He says it makes him feel better and learns stuff. He also sees a doctor and takes some medicine.”

– Mohammed, 12 years old.

Nobody really knows what causes mental illnesses.

What do we know about mental illness?

- Sometimes lots of stress can make a person mentally ill
- Sometimes big upsetting events can make a person mentally ill
- Sometimes, drugs and alcohol can make a person mentally ill
- Sometimes another illness can make a person mentally ill
- Sometimes, no reason is obvious why a person is mentally ill

What does NOT cause mental illness?

- Children can NEVER make a person mentally ill
- It's no one's fault that a person is mentally ill (they are not 'bad' or 'lazy')
- A mental illness is not the sort of illness you can 'catch'
- Just because a parent has a mental illness does NOT mean their child will also develop it

There are lots of things mums and dads can do to get better.

Getting better

- Some people get better quickly
- Some people can take a longer time to get better
- Some people only get sick one time
- Some people get sick, then get better, then get sick again
- Living a healthy life helps a lot. This means eating good food, exercising regularly, getting enough sleep, having fun, having helpful friends and learning new things
- Meeting regularly with health workers (doctors, nurses, counsellors) can help
- Medicine can help some people get well and stay well



Anxiety and Panic Attacks.



“We did an activity about anxiety where we had to notice what happened to our bodies when the balloon was about to be popped. We got scared and we moved away. My heart was racing faster and faster. I loved champs. I made friends.”

– Jasmine, 12 years old.

Read more in the book ‘Living with it’ by B.Aisbett.

A person with anxiety can feel scared a lot. Often for no reason. This might stop them going places or meeting with people.

We all have worries every now and then as a part of a normal life. This is not anxiety.

A person who has anxiety might worry so much that it makes it difficult to sleep or to eat well. They may also feel like they have ‘butterflies’ in their stomach.

When a person with anxiety gets really, really worried, they can sometimes have a ‘panic attack’.

Panic attacks can cause sweating, shaking and dizziness. The person might feel sick in the stomach,

have difficulty breathing and have a very fast heart beat.

A person cannot die from a panic attack. It will finish after a few minutes and then the person will be okay again.

When a person cannot stop strong worries it is called an obsession.

A person might try to feel better about their obsessions by doing things over and over again. This is called a compulsion.

A person with anxiety, panic attacks or obsessive compulsive disorder (OCD) can get help by talking with special doctors or counsellors and learning new ways to manage their worries.

Post Traumatic Stress Disorder (PTSD).



“It’s like a bad memory that doesn’t go away, so it keeps on bringing up yucky stuff.”

– Lachlan, 9 years old.

Read more in the book ‘Why are you so scared? A child’s book about PTSD’ by B.Andrews.

A person with post traumatic stress disorder (PTSD) can feel scared and sad a lot, keep remembering scary times from a long time ago and avoid anything that makes them remember those scary times.

The person may not want to talk about some of the details of their PTSD because it upsets them and it might upset the child too.

A person with PTSD doesn’t want to feel scared all the time. Feeling scared is part of the illness. The brain is playing tricks on the person. This can create the feeling that things are dangerous, even when it is really safe.

A person with PTSD may have trouble sleeping and may have bad nightmares. This can cause them to be tired, easily upset or angry the next day. A parent may get cross with a child even when the child is just playing. It is not the child’s fault the parent gets cross.

Sometimes the person might not know where they really are. They might not understand that they are safe.

It is best not to play surprise games with a person who has PTSD.

A person with PTSD can get help by talking to a special counsellor and doctor. Medicine can sometimes help too.

Depression.



“Depression stands for very down, and can make your mum and dad only want to stay in bed”

– Niamh, 8 years old.

Read more in the book ‘Why are you so sad? A child’s book about parental depression’ by B. Andrews.

Depression is an illness that makes a person feel sad for a long time and can make it harder for them to do things that they used to do and enjoy.

We all feel down or sad every now and then as a part of a normal life. This is not depression.

A person with depression may feel moody, grumpy or hopeless and have no interest in the things they need to do.

Depression can also cause the body to have no energy, cry for no reason, make the person think or feel like everything is their fault. It may change the way they eat or sleep.

Depression can make it hard for a person to know how to feel better.

Some people may think that a person with depression should just ‘get over it,’ but depression is an illness that requires help.

A person with depression can get help from talking with a counsellor, seeing a doctor and sometimes taking medicine.

Bipolar Disorder.



“Now that I have been to CHAMPS my mum knows that I know a bit more about her mental illness. I remember one time my mum asked if I could get her bipolar tablets. I said, what’s bipolar and where’s the tablets? Now I know and can help her.”

– Marco, 10 years old.

Read more in the book ‘My happy sad mummy’ by M. Vasuliu.

When a person has an illness called Bipolar Disorder they have times of depression but they will also have times when they are ‘too happy’. This is called manic or mania.

Mania means a person can get too busy and too excited for no reason. It can be confusing for a child to watch a parent behaving in such strange ways.

Mania can also make a person upset, talk too much or too loud and have difficulty listening to you. They also may not sleep very much.

Mania can make a person not make sense and can sometimes get into trouble. This may

happen because they spend too much money, say rude things or do dangerous things. The person is behaving this way because their thinking is mixed up.

Some people will change quickly between depression and mania. Other people will spend a longer time in depression or mania.

Sometimes a person with bipolar disorder will have psychotic symptoms (see page 11). These extreme feelings and behaviours are hard to change and will usually need a doctor’s help and medicine.

Psychosis and Schizophrenia.



“We read a book called ‘Big and me’ which was about a tractor digger who had schizophrenia. He thought he was a boat and that the other machines were bad and they were going to hurt Small. The boss took Big to see a mechanic which was like going to see a doctor. The mechanic gave Big some tractor medicine and he was ok.”

– Nadir, 8 years old

People who are psychotic cannot think clearly. Schizophrenia is a psychotic illness. This means the brain can become very mixed up about what is real and what isn’t.

A person with schizophrenia might believe something that is not true. This is called a delusion. They may also hear, see, smell, taste or feel things that no one else can. This is called a hallucination.

A person who has a psychotic illness might also feel paranoid. This means they feel like they are being watched, followed or treated badly by other people.

Because they have these mixed up ideas and feelings they may hide from others and not do the things they normally would do. The person might talk, yell or laugh with someone no one else can see. They might also have times of anxiety or depression.

It is very helpful for someone with schizophrenia or a psychotic illness to get regular help from a counsellor and a doctor. They will also need to regularly take medicine.

Read more in the books ‘Big and Me’ by D. Miller and ‘Helicopter Man’ by E. Fensham

Skye's story.

It is hard sometimes to have a loved one who is diagnosed with an illness. Oh how rude of me... Hi, my name is Skye and I am 11 years old.

My dad and brother are diagnosed with a mental illness. My dad suffers from delusional disorder and my brother Zac suffers from depression.

My dad was diagnosed with delusional disorder when I was eight. Delusional disorder is when you think things that are not true. Before I was eight we had a great relationship, but now he is always up and down with his emotions.

My brother Zac suffers from depression. He doesn't talk that much and is always upset. He was diagnosed when I was very young so I didn't see him a 100 % happy. I wish I did.

Three years ago I joined a carers group called CHAMPS, which helps kids like me learn about their family members' illnesses. My dad tries to get better. Sometimes he takes his medication. So I know he will be happy again someday. I hope my brother will too.

Skye

Personality Disorders.



“I know now that my dad’s personality disorder is the reason why he gets angry so easily.”

– Maya, 8 years old.

Personality

Everyone has a personality. It is the combination of the way you think, feel and behave. It is who you are!

As we grow up our personality grows and changes depending on different experiences we have and how we are affected by those experiences. Different personalities can react to situations in different ways.

When we have to deal with some really hard situations we do the best we can. Some ways we react are helpful and other ways are not.

Personality Disorders

A Personality Disorder is a mental illness. People affected

by a Personality Disorder have times when they feel very easily upset. The way they think, feel and behave can change quickly and be hard to understand. They can be happy one minute and angry the next.

Borderline Personality Disorder (BPD)

People with BPD often have trouble coping with stress. It can make it difficult for the person to get along with others. They can find it hard to stay calm and can sometimes hurt themselves.

It is very helpful for someone with BPD to get regular help from a counsellor and see a doctor regularly

Remembering your strengths can help.

Circle 3 words that describe you.

Strong	Help other people	Loving	Good manners	Happy
Stick at what I need to	A good friend	Careful	Can do things by myself	
Look after things well	Stick up for myself	Can change	Good fun	
Creative	Be curious	Be kind to yourself	Be ambitious	
Patient	Care about others feelings	Trusting	Neat and tidy	Brave
Full of energy	Fair	Hard working	Honest	Interesting
Easy to get along with	Calm	Sensible	Think a lot	Try new things

In another colour, circle 3 words that describe your mum or dad.

All feelings are ok.



“If kids are at home with families that are having trouble with mental illnesses, like your mum or dad, you can just call the people on your helping hand or the Kids Help Line and they can help you.”

– Sara, 12 years old.

Feelings come and go. It is one way our bodies talk to us.

Each person expresses feelings in their own way. This is ok so long as the way the feelings are expressed does not hurt the person or the people around them.

It can be helpful to name feelings and understand why we feel the way we do.

Feelings can sometimes build up inside. If we don't have a safe place to talk about them, they can turn into problems.

We can show our feelings in helpful ways by talking, drawing, writing a story, making music or creating a dance.

What are your favourite ways to express your feelings?

Remember, all feelings are okay and talking helps.

Try talking with:

- Mum or Dad
- Grandparents
- Friends
- Brothers or sisters
- Teachers
- Youth workers
- Counsellors
- Family friends
- Family workers
- Aunts or uncles
- Doctors

Who would you talk to?

Feelings are our body's way to tell us something.



What helps?



“It helps to learn about mental illness so you can understand what is happening when your mum or dad are unwell.”

– Jamil, 11 years old.

Helpful hints from kids:

“Remember, you are not alone.”

“Ask different people for help until you get the help that you want and need.”

“It’s good to talk to someone you trust.”

“It’s ok to show your feelings in good times and hard times.”

“Looking after yourself can help you and your parents.”

“You’re no different to anyone else – you just have a parent with a mental illness.”

“Focus on the good things.”

“Have a laugh, watch a funny show on TV or DVD”

“Give your brain a break. Play a game.”

“Listen to music, have a dance.”

“Go outside, take a walk or kick a ball.”

“Have a chat to your pet or your favourite toy.”

“It doesn’t last forever.”

“Don’t be afraid to ask for help.”

“Remember, it’s not your fault.”

Practice relaxing.

Relaxation exercise.

Stretch out like a cat.

Now loosen your body in any way you can.

Notice your soft feet, legs, tummy, arms and face.

Breathing exercise.

Breathe in and hold it (count 1, 2, 3 inside your head).

Now breathe out (count 1, 2, 3 inside your head).

Keep breathing slowly in and out.

Repeat until you feel better.



Making a plan.



“I have learned that when I am sad that I can listen to music or talk to someone from my Helping Hand. There are 5 people on my Helping Hand that I know I can trust and talk to when I’m upset ”

– Li, 10 years old.

There can be good times and hard times when your parent has a mental illness. It helps to have a plan for the hard times.

I worry about my mum or dad when _____

I will contact my helpers if I have these worries.

In an emergency, I will call 000 and ask for help for my parent.

Parent’s name _____

Address _____

If I need to stay with someone else for a while, it will be with:

Name _____

Phone _____

Address _____

My helping hand.

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

**Helpers are people
you can trust to talk
to when you are
worried or scared.**

Write down 5 helpers' names and
phone numbers.

You can also call Kids Help Line
1800 55 1800

More to learn and talk about.



“Sometimes I think I understand, but then I think of something else. It’s good to know I can keep asking about it.”

– Rada, 11 years old.

Keep talking and playing with your family and friends. It is important that you feel safe and happy.

If you would like more information on mental illness try looking up some of the links below:

It’s all Right
www.itsallright.org

A SANE website for young people with family or friends affected by mental illness.

Kids Help Line
www.kidshelpline.com.au

1800 55 1800

A free, private and confidential telephone and online counselling service for young people.

Children of Parents with a Mental Illness (COPMI)
www.copmi.net.au

A website that has information about mental illness which can be shared between children and their parents.

***Carers Victoria
Young Carers Program***
www.carersvictoria.org.au

1800 242 636

Provides information and support to young people up to 25 years of age, who provide unpaid care for a family member who has a disability, mental illness or chronic illness, or who is frail aged and are living in Melbourne’s Western Metropolitan region.

Quiz answers.

1. False: A mental illness cannot be caught like a cold.
2. True: There are many things that can be done to help someone with a mental illness.
3. False: People with a mental illness are affected in different ways.
4. False: Children cannot cause a parent to have a mental illness.
5. True: It is no one's fault, not the parent or the child's, that they have a mental illness.
6. False: One in five children at school will have a parent with a mental illness at some time in their life. But people often do not talk about mental illnesses.
7. False: Mental illness does not make a person dangerous. But sometimes people with a mental illness do things that might hurt themselves or others. This can be very scary. There are people that can help when someone is doing something that might be dangerous. If this happens call 000.
8. False: Children are not likely to have a mental illness because their mum or dad has one. There are many ways to learn about managing stress and worries and prevent illness.

Make a list that shows all the fun activities
you like to do together.

Ask each other every night,
“What did you enjoy today?”

Make a time to do one of your favourite
shared activities every week.

Ask each other every morning,
“What will you enjoy today?”

Crisis support is also available on the telephone.

**Crisis support
telephone services:**

**Emergency Ambulance,
Police or Fire Brigade**

000

Lifeline

13 11 14

Kids Help Line

1800 55 1800

Your local mental health service

Your local GP



More resources for the family.



“It was reassuring to read that other families could get through ‘it’. The information really helped me and my kids.”
– Dad with schizophrenia

Children of Parents with a Mental Illness (COPMI)

www.copmi.net.au

Australia’s national initiative to provide useful information, resources and links for all family members and friends of a parent with a mental illness. There is some great information for children, including books parents and children can read together.

SANE Australia

www.sane.org

SANE provides information to help explain a range of mental illnesses. Some resources are available in different languages.

13 11 14

Raising Children

www.raisingchildren.net.au

The Raising Children Network website is based on the philosophy that all children and families are individual and different. They provide scientifically validated information translated into everyday language, to help parents and carers make decisions that work for them.

Carers Victoria

www.carersvictoria.org.au

1800 242 636

Provides information, support and respite services to family and friends who provide unpaid care to a person with a disability, mental illness, chronic condition or who is frail aged.

Being prepared for the hard times can make it easier on everyone.

My child may be affected or behave in these ways: _____

My child can be helped by: _____

My child's main routines / activities are: _____

My child's health, diet and other needs that require attention are: _____

If I am in hospital, I would prefer my contact with my child to be by:

- Phone
- Visit
- Letter

The people who have a copy of this care plan are: _____

*This is a guideline only. Feel free to create your own plan on a separate sheet of paper. There are more family care plan templates available at www.copmi.net.au

An emergency letter is written by a parent before an emergency. The letter says what the parent wants the child to know when he or she is not well.

Please read this letter to my child each night I am in hospital

Dear Lee,

I am unwell now and need to be at the hospital. I am getting help and will be much better soon. I hope you are having fun with auntie.

Love Mumm XO

Making a family care plan.

Planning for times when a parent is unwell, helps everyone. Here is an example of a Family Care Plan*.

Parent name: _____
Contact number: _____

Parent's family / friend / support / treating team's name and contact details: _____

If I am temporarily unable to care for my child, I would like my child to stay with: _____

Name: _____

Relationship to child: _____

Contact details: _____

I do not wish the following people to visit or care for my child:

Name: _____

Relationship to child: _____

Contact details: _____

Attach any relevant court orders.

I do / do not want the school /

child care / after school care to

know that I am sometimes unwell.

Facility name: _____

Contact details: _____

My illness can sometimes affect

me in these ways: _____



"They just seemed less stressed and less worried. It was because we had talked about it and written a plan. My son said, 'It's ok because we know. You will be ok and we will be ok'."

– Mum with PTSD and anxiety

“It’s not your fault that your parents have a mental illness”

**What children, parents
and grandparents say about
CHAMPS**

“At CHAMPS, we did lots of fun things and we had a party on the last day. We learned about mental illness like bipolar, schizophrenia, anxiety and depression. It’s not your fault that your parents have a mental illness and you can’t catch it like a cold. Hugs and kisses help.”

— Tegan, 10 years old.

“My son attended the CHAMPS group twice. The first time I think he was a bit young (7yo), but after the 2nd group there was a big change. He really understands now.

“When I am upset and crying, he will now come up to me, give me a hug and say, “It’s alright mum, it’s just the depression. Just keep taking your tablets and you’ll be okay.

“It has helped me too. Before, I would get upset, then my son would get upset and run outside, or turn the volume up on the TV. He ‘shut down’. He would distance himself from me. That made me feel guilty.

“Now I feel much better. Better supported and better as a mum”

— Single mother of Tim, 8 years old.

“I have noticed he is more affectionate with his mum. He will say, “You can’t help it.” It makes it easier for me to care for his mum and care for him.”

— Grandmother of Tim, 8 year old

Other ways to talk about “it”

Children can join their local Young Carers group for support or group activities. Go to: www.careersvictoria.org.au/how-we-help/young-carers

CHAMPS is a peer support group for children aged 8-12 years who have a parent who is affected by a mental illness.

The group aims to give children the opportunity to meet other children who have similar experiences, learn more about mental health and illness, practice ways to cope better during the hard times and have fun!

Read a book about the illness with your child.

• You can find some books by going to: www.copmi.net.au

resources

• Ask your local library what children's books they

have about mental illness.

• Specialist bookshops such as www.openleaves.com.au have a range of books for children.

Talk with a supportive worker

and ask how they could help you understand your illness. Then ask how they could help you talk more easily about your illness with your family.



“I can be more confident around other people about my mum now that I know what's wrong.”

—Anna, 10 years old.



Put yourself in their shoes.

Getting started.

The brain is like a person's computer. It gathers, sends and sorts through information gained by seeing, hearing, smelling, feeling and tasting things.

The brain can work better some times more than other times. For example, when a person is tired or hungry, it may make it harder for the person to think or behave the way they normally would. When a person has a mental illness, the brain can have a lot of trouble sorting things out. The person's brain may get mixed messages.

You might also like to explain how the brain works.

One way to start a conversation is to think about one symptom your child may notice. You can ask your child why they think you are behaving that way.

Putting yourself in their shoes can be helpful. You might say, "If I noticed someone staying in bed all the time, I might be worried. Why do you think I might be in bed a lot?"

Be aware that you are asking for your child's honest answer. This could be their first step towards understanding mental illness.

"I started by telling my little boy how sometimes I am like an old steam train, slowly chugging up a big mountain. Other times I am like a spaceship, zooming through the sky."

– Dad with bipolar.



When children understand what is really happening they often feel relieved.

Some parents worry their child will judge or blame them.

Parents are central in children's lives. Children often blame themselves for a parent's behaviour and for what might be happening in their family. When children understand what is happening they often say they feel relief knowing it is not their fault.

It makes a big difference to a child to know there are things they can do to support the family.

It is important for children to be told by their parent to:

- Keep having fun with their friends and
- Keep doing their usual things that make them happy.

Children like to know how they can help by doing simple jobs when their parent is unwell.

Knowing their parent has help from a doctor can ease children's worries.



Talking about “it.”

Some parents are still learning about their illness and are not sure what to say.

It is helpful for parents to learn as much as they can about their own illness. It also helps to think about what children might notice when their parent is unwell.

Children might ask about those changes. It is ok for a parent not to have all the answers and to say so. Children need honest and simple answers. Letting children know you will answer their questions as best you can, and to reassure them they are loved and safe can help a lot.

Parents say they are unsure about how to talk to their children about their mental illness for a number of reasons.

Some parents say they want to protect their children from knowing about the illness because it might make them upset or worried.

Children often come to their own conclusions about what is happening to their mum or dad. ‘It’ can be more worrying or scary for them if they don’t know the truth.



“I was looking forward to the fun parts of CHAMPS, but I was surprised about how interesting learning about the mental illnesses was. I had been worried it might be boring. But it was really interesting and fun.”

– Ben, 11 years old.

One in five adults will have a mental illness
at sometime in their life.

Children will worry about their parent when they are not well. It can be even more difficult if they don't understand what is happening.

It helps parents and children to have someone to talk to during hard times.

Talking about mental illness can sometimes be difficult. But many families who have talked about 'it' have said, "Understanding 'it' more has helped the family become stronger, happier and closer."

It can be helpful to talk this through with a health professional, friend or family member.



Mental illness and families.



“It’s good to learn about schizophrenia, anxiety, hallucinations, or other mental illnesses with other kids and with your mum and dad too.”
– Jamie, 11 years old.

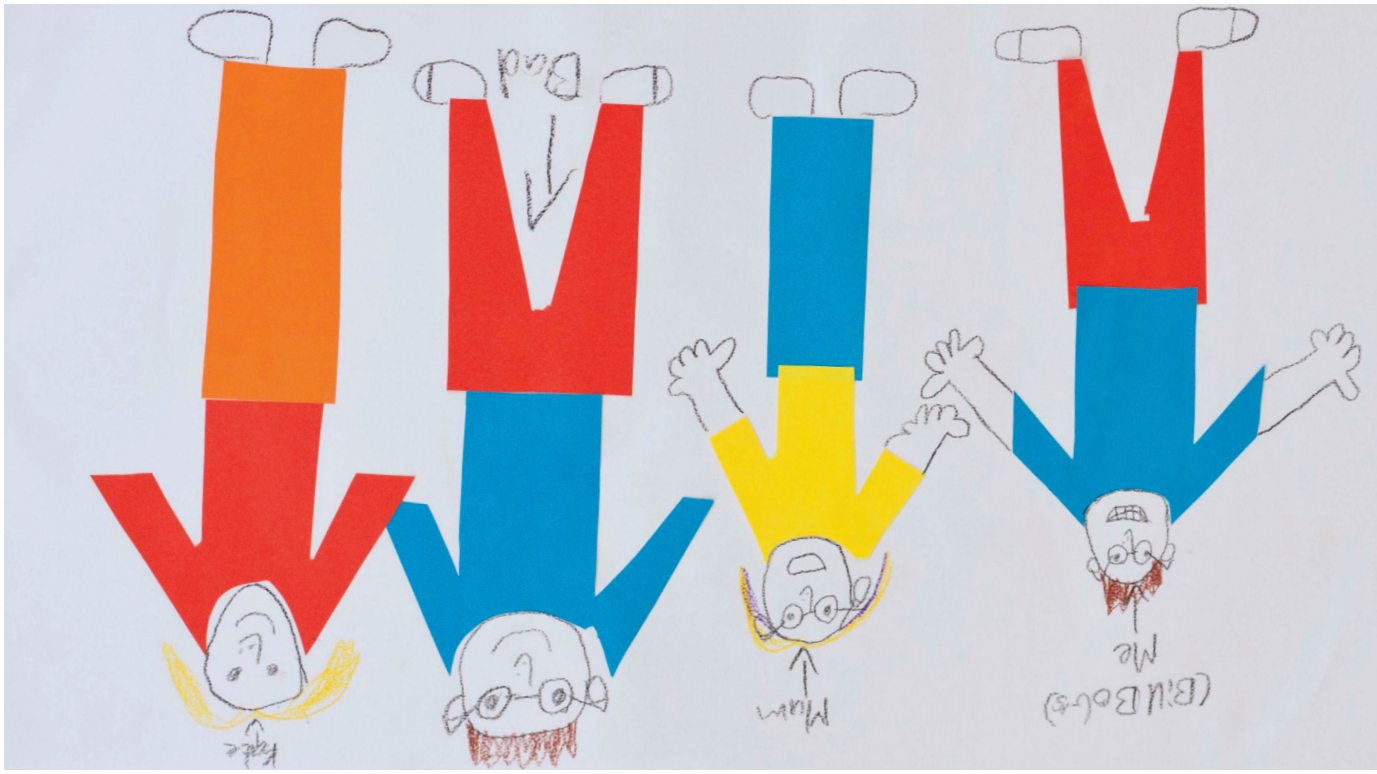
One in five adults will have a mental illness at sometime in their life¹. This means that your child is not the only one in their school who has a parent with a mental illness.

Parents and their children are not alone in dealing with mental illness.

When a parent is unwell, help may be needed from health workers, their family and community, to get better. Parents may also need help to care for their children at times. Children will try their best to help their family and they often need to look after themselves more than usual.

Many children say they often feel more ‘grown up’, more caring and understanding of others when they have a parent with a mental illness. It makes sense to make a plan about who will help the children when their parent is not well (go to page 11 to make a plan).

1. McLennan W. Mental health and wellbeing: Profile of adults. Australian Bureau of Statistics. Canberra. 1997.



Building family understanding of mental illness.

Welcome,



“It was surprising, but when my kids knew more about my illness, it was easier to be with them and talk about it.”
– Mum with depression and anxiety.

- **This book provides information that can assist everybody in the family to talk and learn more about mental illness.**
- **Everybody in the family – children, parents and other family members – can benefit from improved understanding of mental illness.**
- **Some ways a parent might describe their own illness and treatment**
- **Activities to emphasise each others’ strengths and how you might support each other**

- **Plans to complete in case the illness becomes too difficult to manage at home or if extra support is needed.**
- **We encourage you to read this book as a family.**



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Acknowledgements

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NorthWestern Mental Health



CHAMPS groups are programs that aim to give children 8 – 12 years old, age appropriate information about mental illness. The children meet other children who may be in a similar situation and learn about healthy coping strategies in a fun and supportive environment. Parents and other family members are an important part of the program.

We hope everyone who reads this book finds it helpful in their journey to increase their understanding of how mental illness may impact parents and their children.

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

Graphic Designer: Sara Tatai
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A book for **parents**
with mental illness.

A large, abstract graphic composed of thick, overlapping brushstrokes in various colors including teal, yellow, orange, red, and purple. The strokes are textured and expressive, creating a vibrant, cloud-like shape in the center of the page.

Let's talk
about "it"