

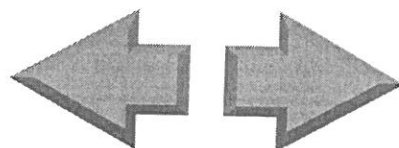
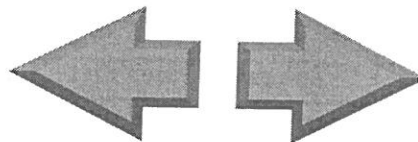
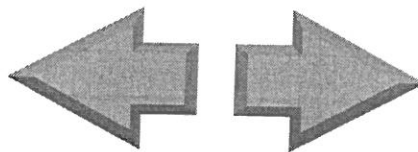
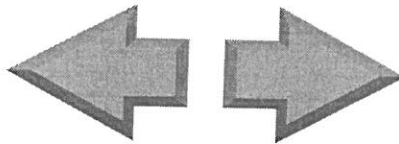
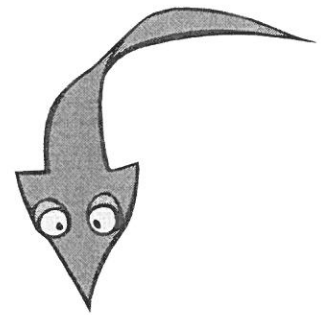
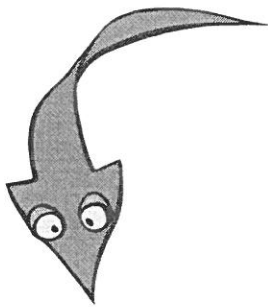
# Session 6

## What's Helpful?

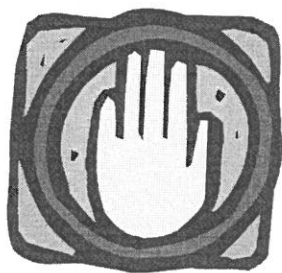
List the people who are helpful to you

Name of person

Help given



The elp I like the most when my parent is ill..



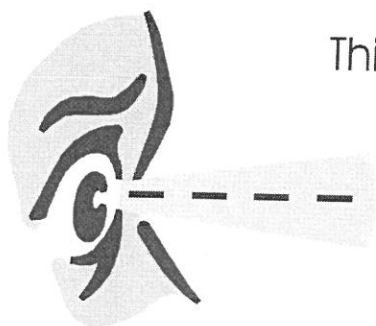
I feel it is unhelpful when...



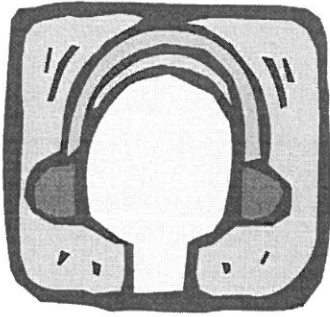
I help my family by...



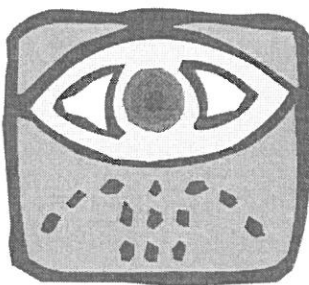
Things I hear that are helpful...



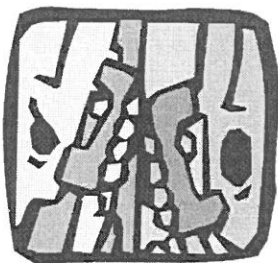
Things I see that are helpful...



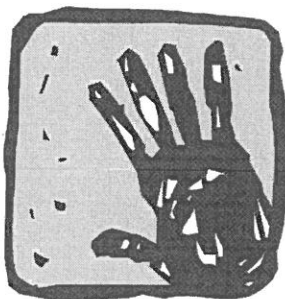
Things I hear that are unhelpful...



Things I see that are unhelpful..



If I am worried or need help I can contact...



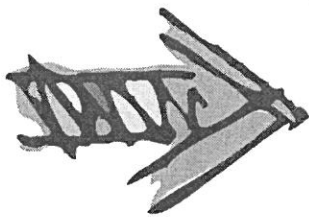
Other things I can do...



Ways I help myself...



Ways I help my family...



Ways my family helps me...

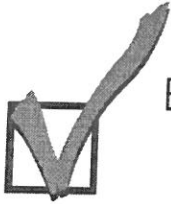


Ways the clinic helps my parent who is ill...

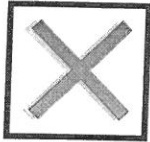
## Session 7

### The Future

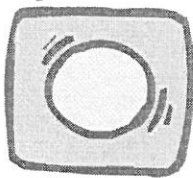
Do you think things are:



Better



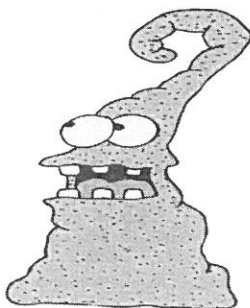
Worse



Still the same

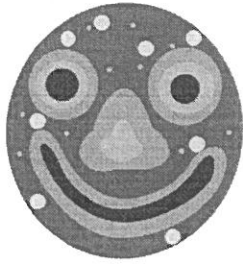


For the future I worry that...



I am afraid that...

# Hopes and Wishes



I hope that...

Wishes



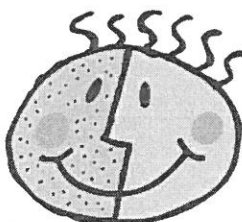
For my mum...



For my dad...



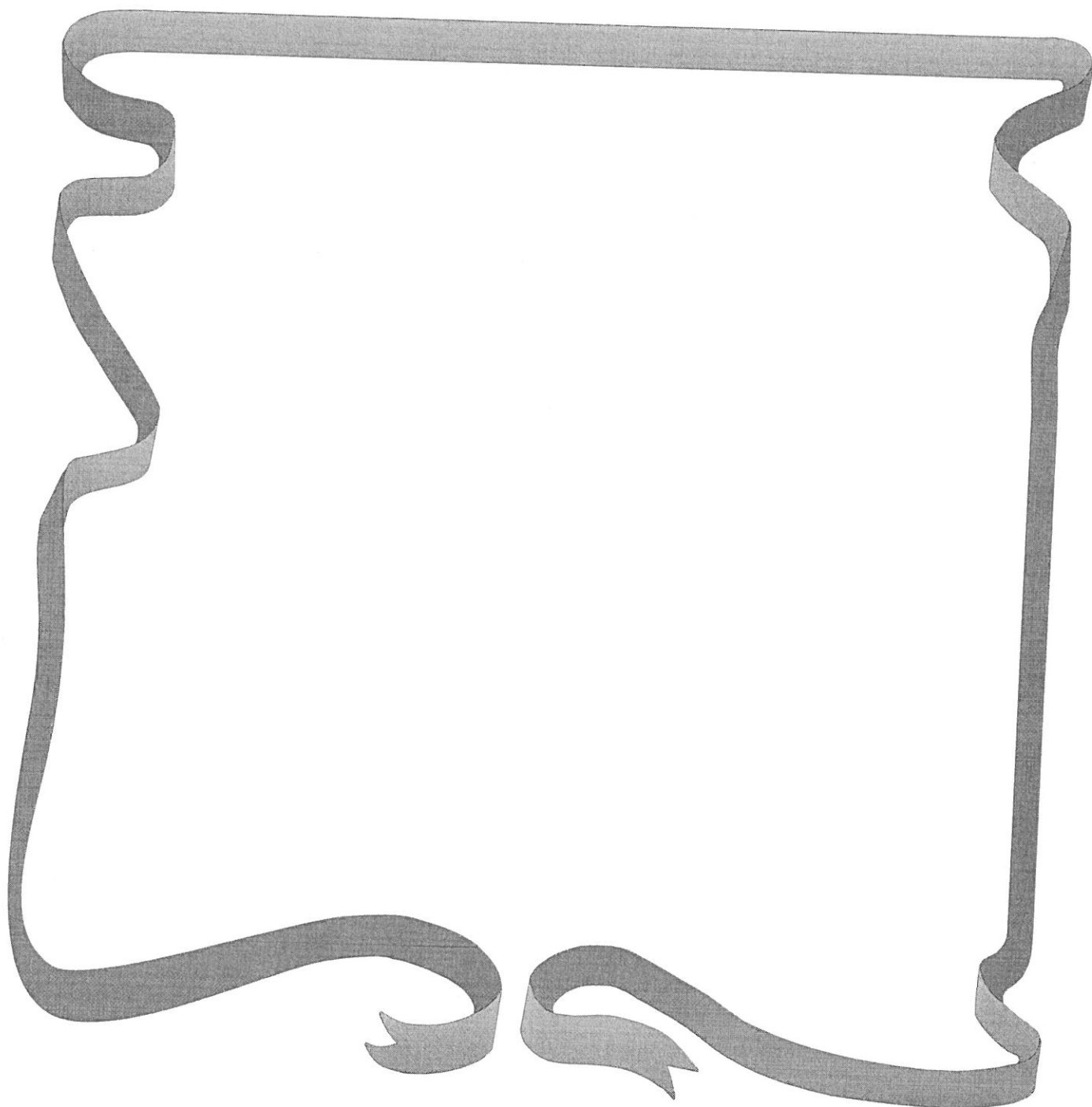
For my family...



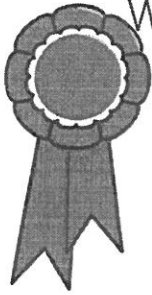
For myself...



I am special because...



# Memories

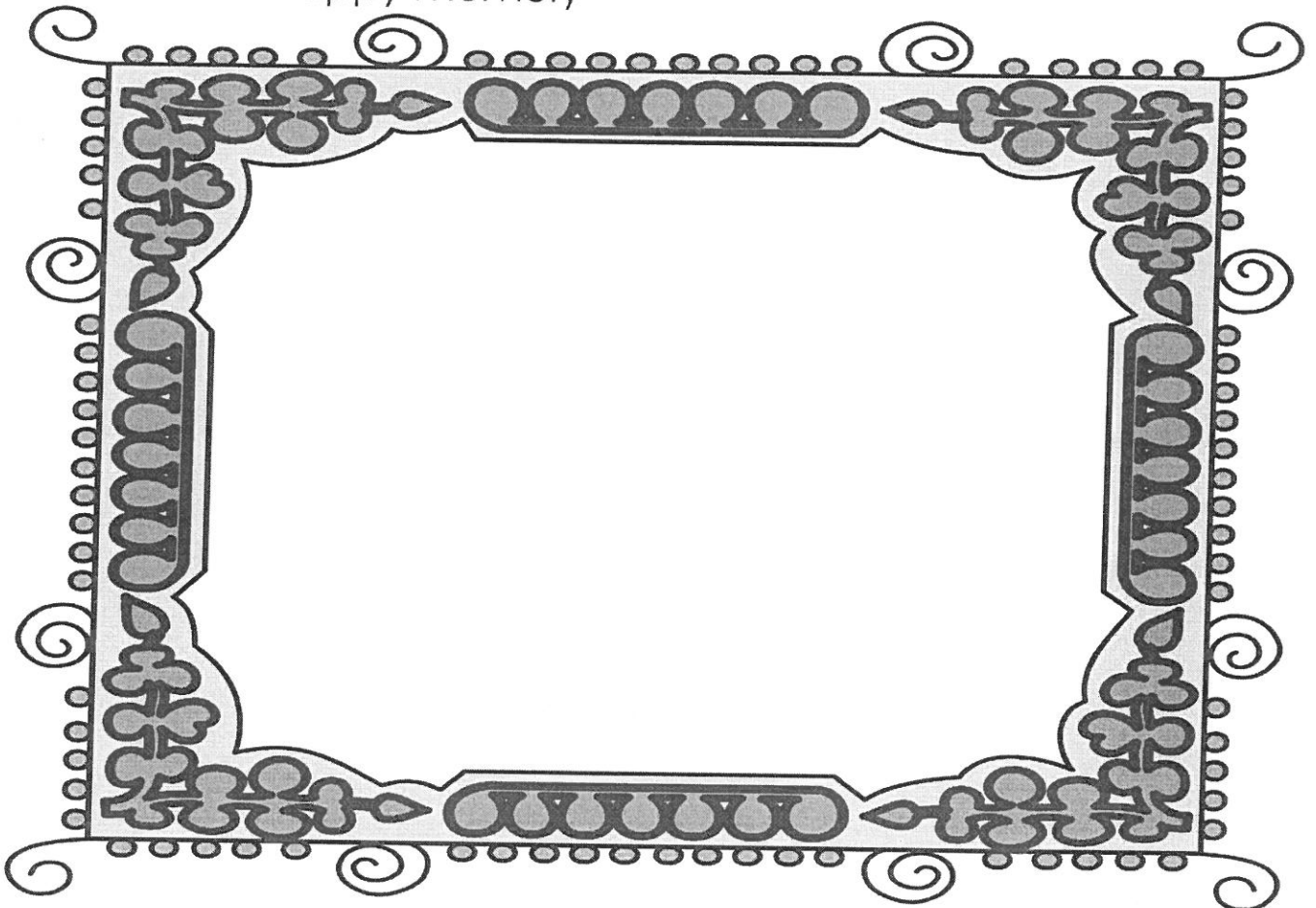


What is the best thing that has happened?



What is the best thing that could happen?

Draw a happy memory





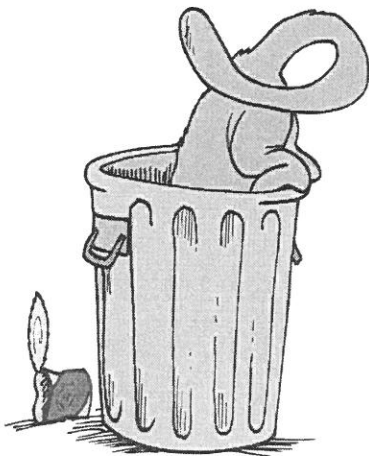
## Pulling It All Together



What I learned about my parent who is ill



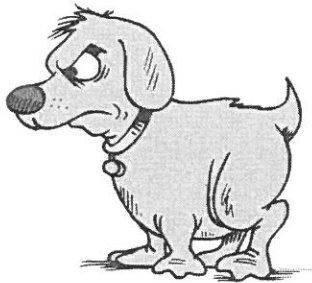
What I learned about my family



What I learned about myself

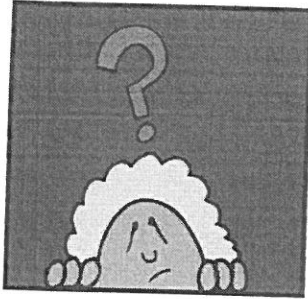


What I liked about the programme



What I disliked about the programme

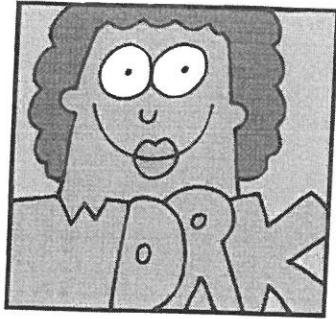
Stories...



Mary was really worried about her mum as she seemed to be sad all the time and she cried a lot. She was not interested when Mary asked her to help with her homework, in fact she was not even interested in looking at the TV.

She was really cross with Mary all the time. This was strange! Mum was so different to how she used to be. Mary tried her best to cheer mum up and made a big effort to be good at home but it made no difference. The reason for this is that mum was suffering from depression. ➤ mental illness

Depression causes a person to feel sad, to cry, not to be interested in what is happening and at times to be cross with people they love and care about.

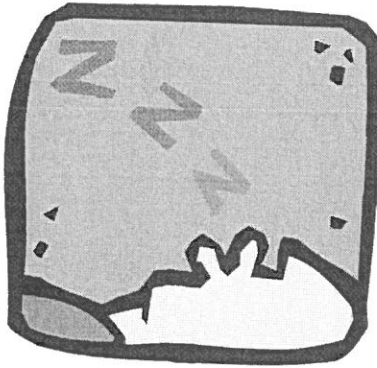


Tom remembered his mum being very depressed but then she seemed to be the very opposite. She was full of energy rushing around the house doing everything at the same time but nothing seemed to get done. She bought loads of new clothes for everybody in the family and was in really good humour, talking all the time and talking very fast.

However when Tom asked mum not to go to his school as she was talking so fast she was very cross with him.

Tom's mum has a mental illness called Manic Depression.

This means that she may be depressed at times but also can be the opposite in very good humour, so good that nothing bothers her. Also she may be cross with people around her and the constant rushing around may make it very hard to be in the same room with her.



Peter could not understand what was happening when his dad stopped going to work. He complained that the people he worked with were all against him and were calling him names. He said they were plotting to have him lose his job.

Peter found it hard to understand as he knew the men his dad worked with all seemed nice and helpful. Dad then spent a lot of his time in bed and not getting up some days until the afternoon.

When he was up he stopped helping in the house and just sat around all day. He was very quiet and sometimes he did not answer Peter. When he talked it was hard to follow and it all sounded like nonsense to Peter. Peter's father has a mental illness called schizophrenia.