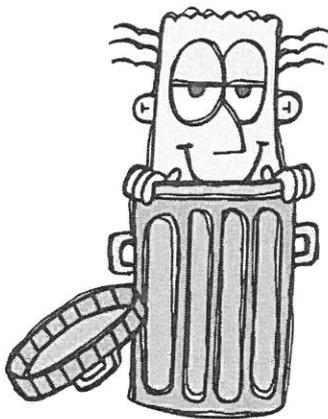


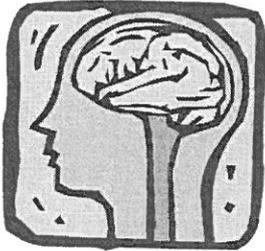


Sometimes I would like to say to  
mam/dad



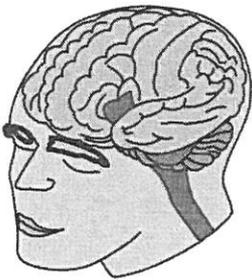
Sometimes I would like to ask mam/dad

## Causes of Mental Illness

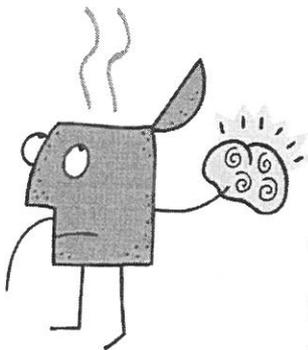


We don't know what causes mental illness.

In life, events happen that can cause great upset and stress, also it might be to do with upset chemicals in the brain. We know that people do not cause mental illness and this includes children



When a member of our family has a mental illness everybody is effected and it can be very upsetting. Adults can forget to explain what is happening. If you have a mum or dad who has a mental illness you may feel very worried about them. It may make you sad or sometimes angry.

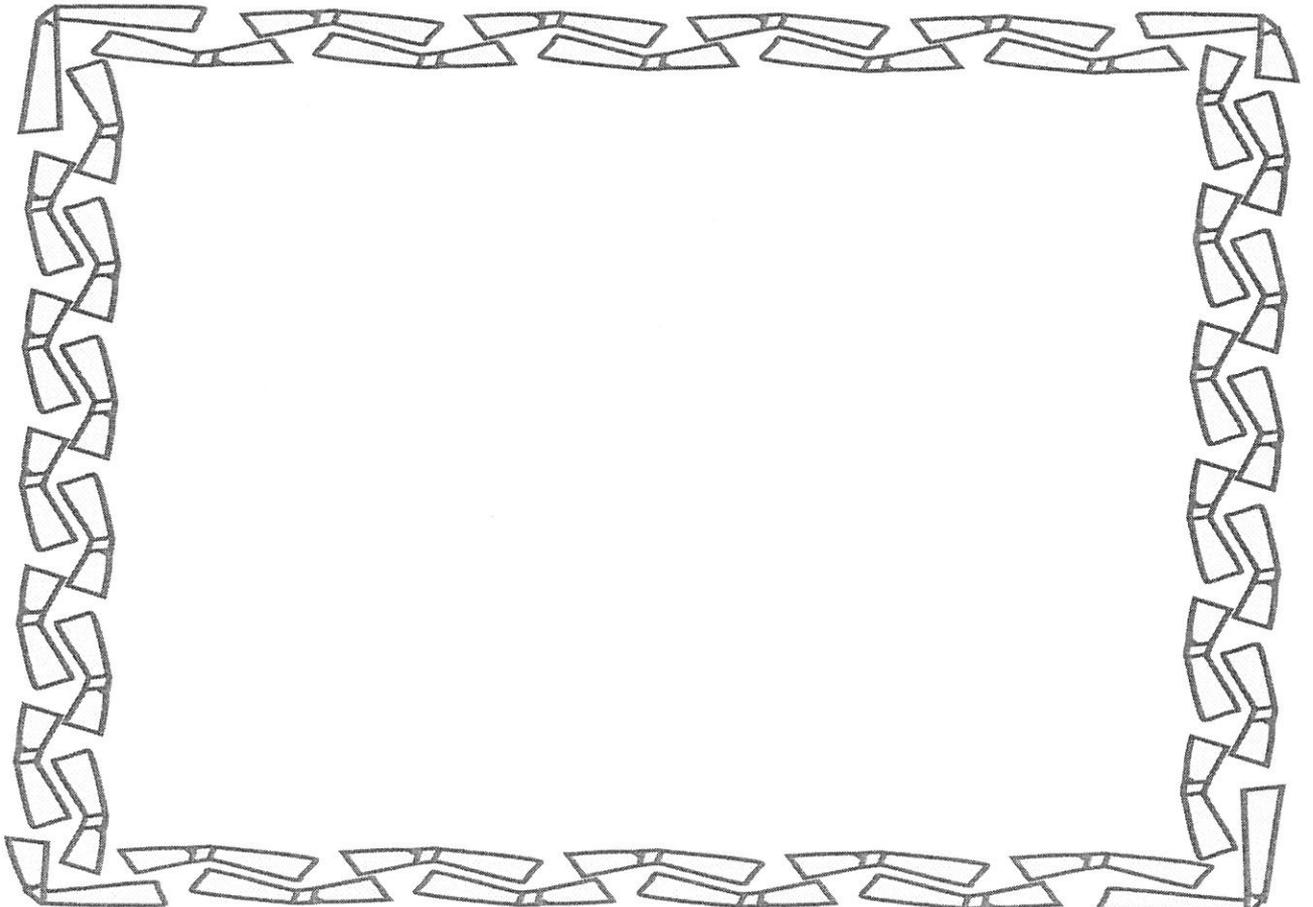


It is OK to be angry about the illness because it can be difficult to live with someone who is ill but remember it is not their fault that they are sick.

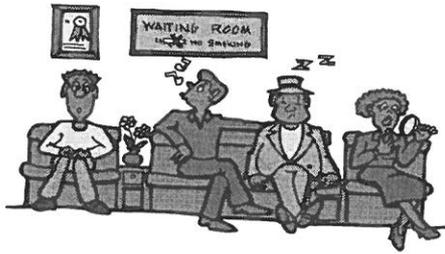


Why do you think your parent/s became ill?

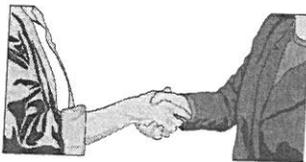
Draw the person who is ill in your family



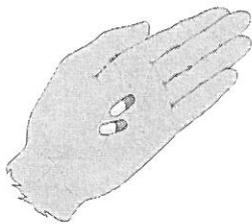
## Treatment



There are different types of treatment for mental illness. Some people may attend their local clinic. Some people may have to go to a psychiatric hospital or a special ward in a general hospital that cares for mentally ill people. They are different from other wards, as the patients are dressed and walking about. Sometimes the patients may appear a little strange, even scary!



On discharge from hospital mum or dad may attend a clinic. Doctors called Psychiatrists, nurses and social workers are all involved in helping a person with mental illness get better.

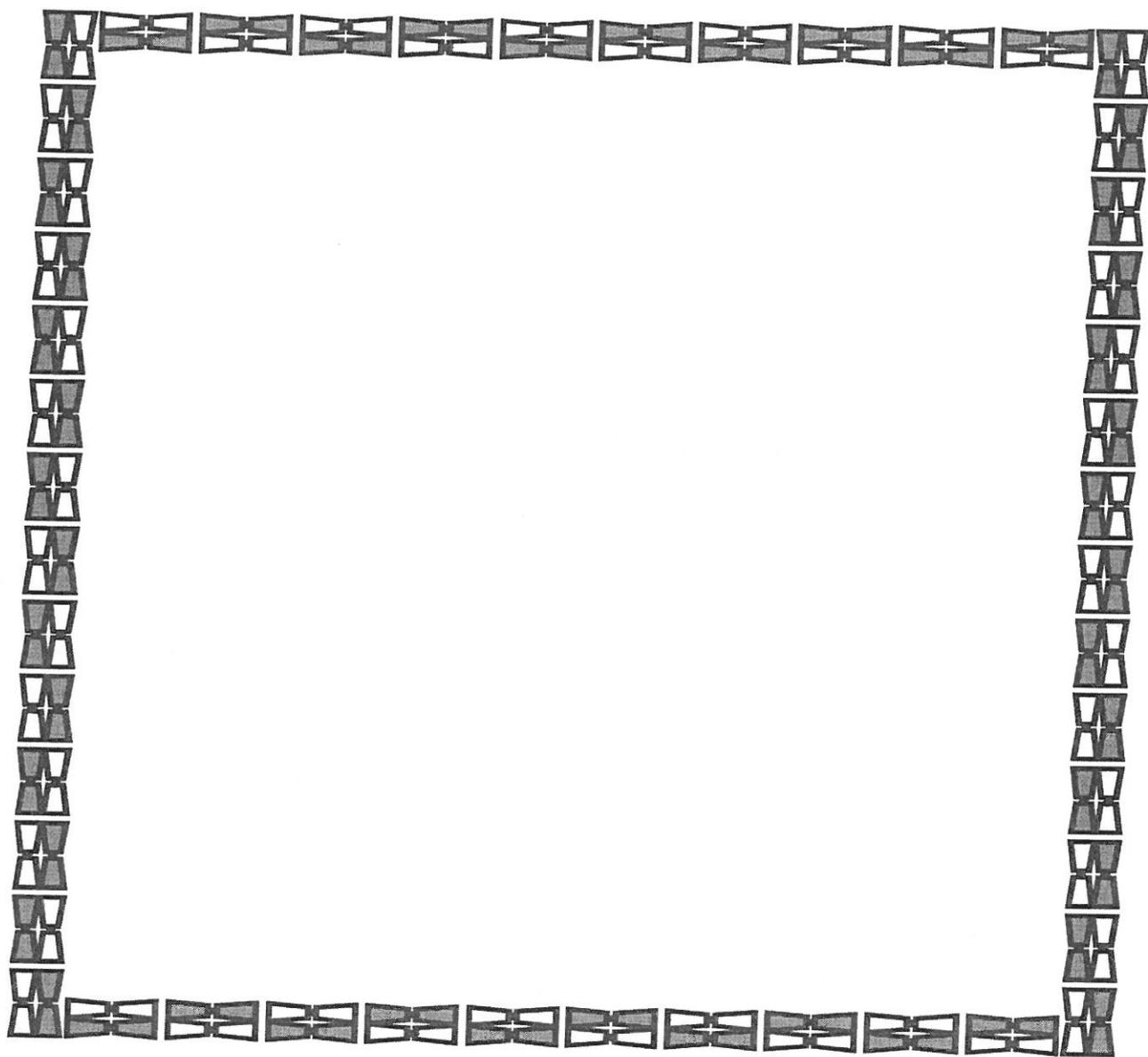


This is done with tablets which may take time to work. These tablets are not like the tablet you would take if you had a pain, but they can help to change how we think and feel. They take a longer time to work. They must be taken regularly if they are to be most helpful, and may even need to be taken when the person is well for a time.



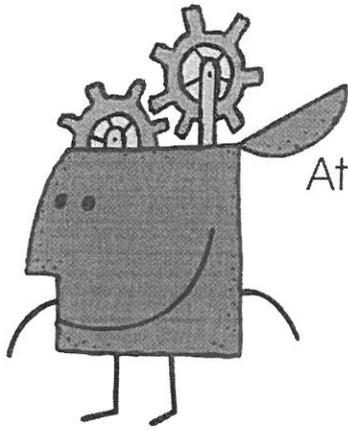
Talking therapy is also used to help. This means talking about what is upsetting and the best way to solve problems.

Draw your mam/dad when they are well

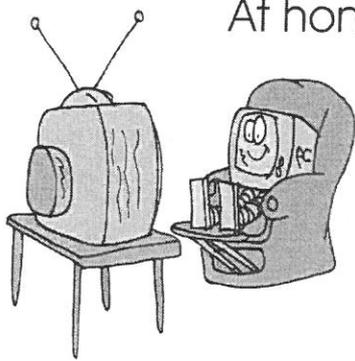


My mam/dad are special because...

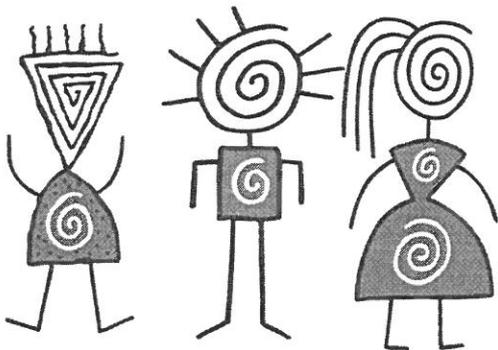
# Things I do well



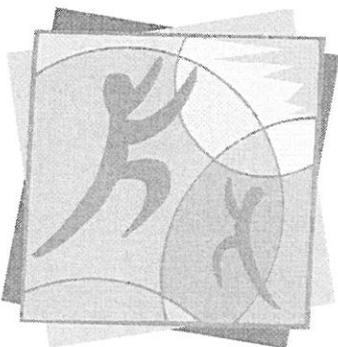
At school



At home



With friends

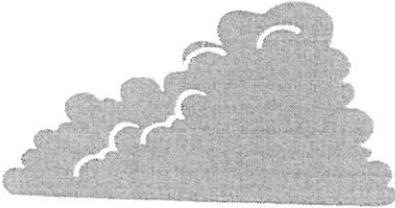


Other activities

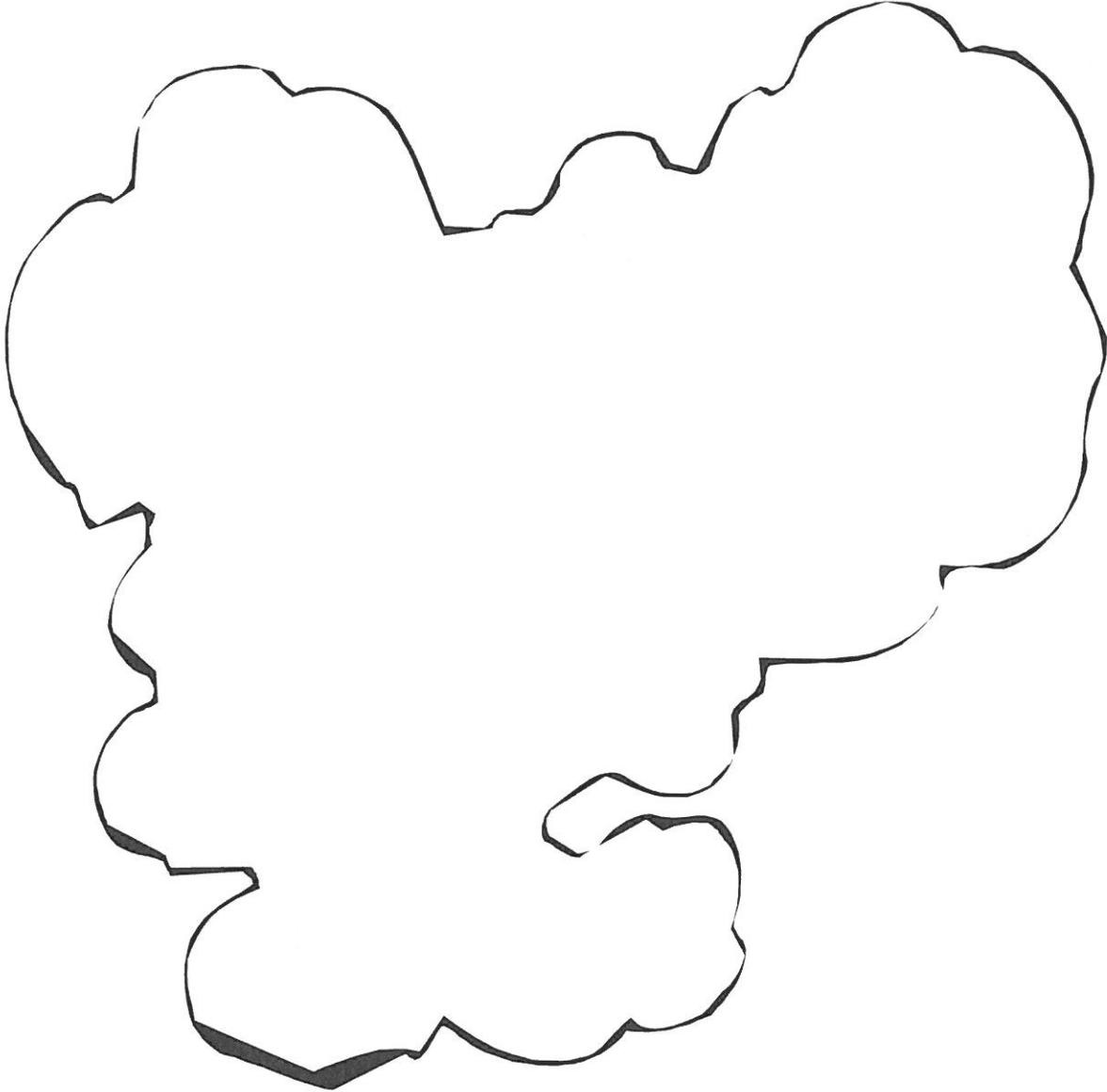
Things people like about me are...  
If you don't know, guess!



# Fears and Worries



Things I worry about





Draw your biggest fear

How can you make this fear smaller?  
Who could help?