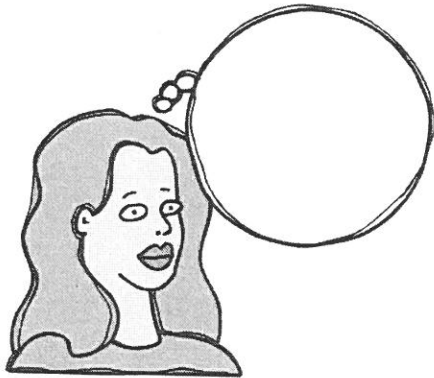


## How Panic Works



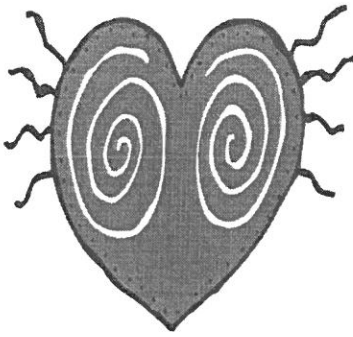
It seems that out of a clear blue sky ...



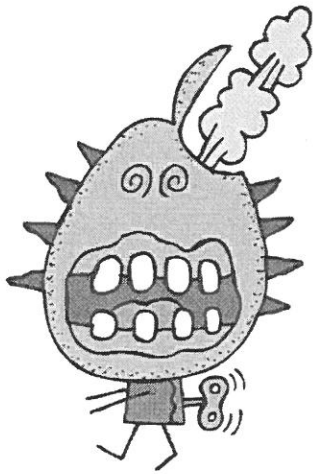
The person is suddenly struck by the most overwhelming sense of terror and dread imaginable



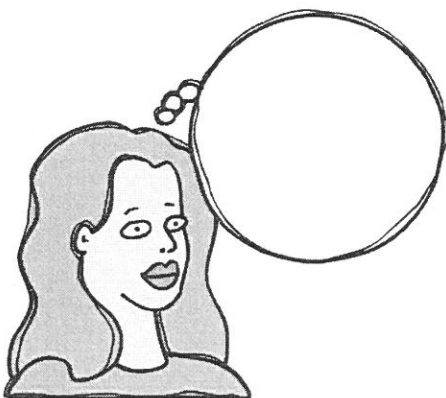
The persons first thought might be to run, to flee from this agonising fear ...



They go into full panic mode-  
their heart races, they feel faint,  
they shake and sweat.



They can't imagine what could  
make them feel this terrible, so  
they search for a cause; they  
think they are dying, or going  
crazy or they will faint



After a few minutes when they  
find nothing awful has  
happened to them, they  
breathe a sigh of relief, and  
the fear goes away and they  
are ok again.

## Session 3



### How does a doctor know a person has a mental illness?

The doctor listens to the person talking about the upsetting feelings and changes in behaviour. Sometimes another family member will tell the doctor what has been happening. The doctor will want to know how long the feelings and changes in behaviour have been happening, and how much upset or distress they cause.

Most people who suffer from mental illness will get better. A few people will not get completely well and another few will continue to feel unwell.

Remember, a lot of people suffer from mental illness. In Ireland one person out of four will have a mental illness problem at some point in their life.

# Family Health

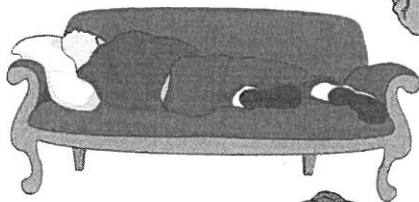
Which service do people use if they have problems?  
*Draw a line connecting the problem to the right service*



I have a pain in my tummy



I feel sad and cry a lot of the time



I just want to sleep all day



Sometimes I just don't want to do anything



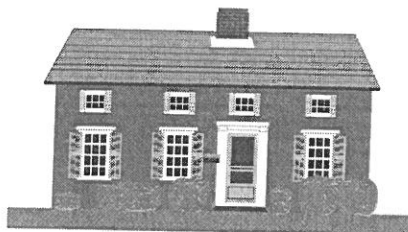
I think I broke my toe



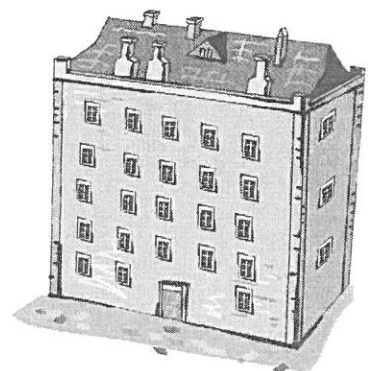
I fell and banged my head



General Hospital



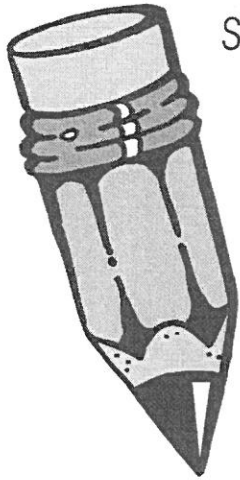
Dentist



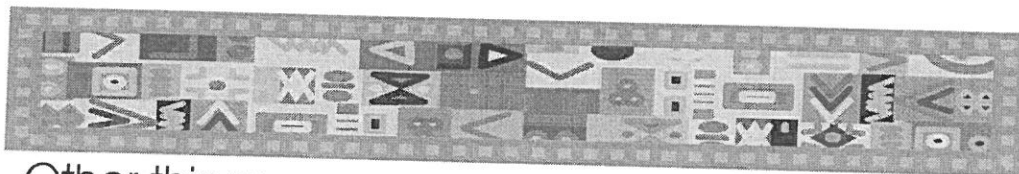
Psychiatric Hospital



Who in my family has a mental illness?

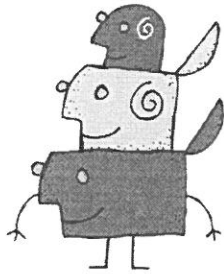


Signs/symptoms noticed?

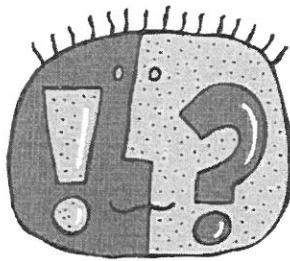


Other things

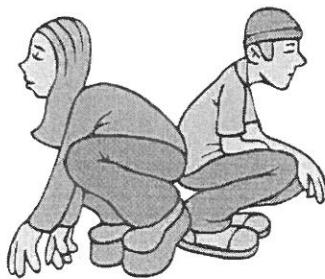
What changes has mental illness brought to your family?



In my family?



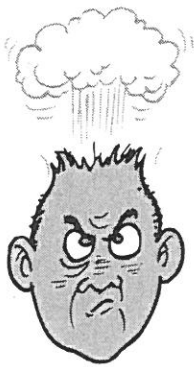
For me?



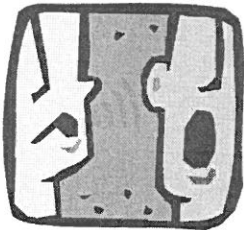
With my friends?



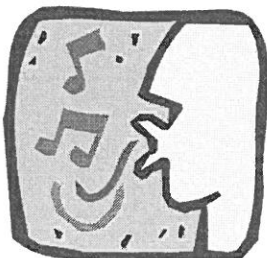
What changes did you cope with best?



What changes were the most difficult?



Who do you talk to about your parent/s illness?

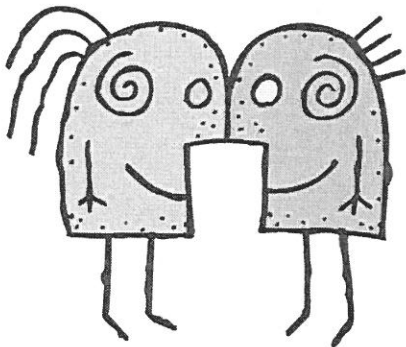


Who do you not talk to about it?

## Things People Say



Sometimes other children may say unkind things about your mum or dad. This is because they don't understand about mental illness. Try not to let them upset you.



You can help by talking to an adult you can trust about what is happening, somebody in the family is best as they can explain what is happening. Knowing that you care and love them helps parents with mental illness

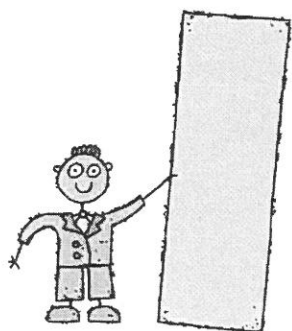




Has anyone said anything unkind about your parent?



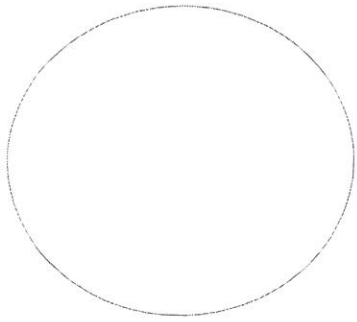
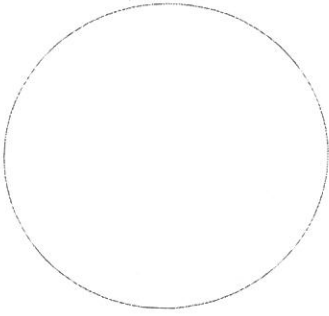
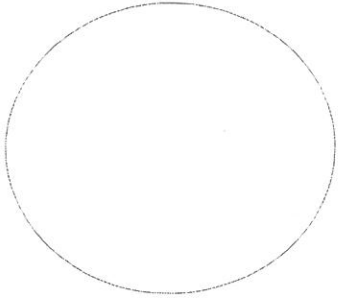
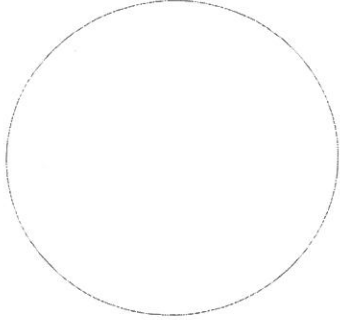
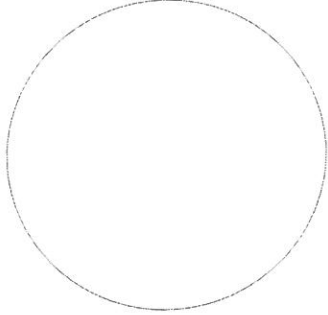
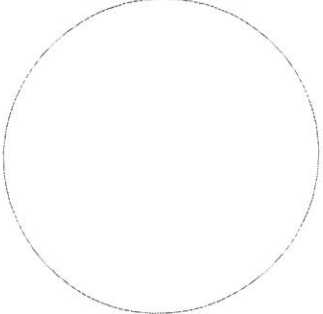
How do you cope with this?  
What do you say or do?



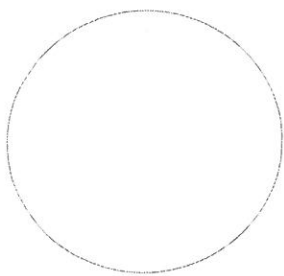
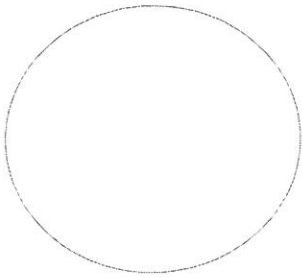
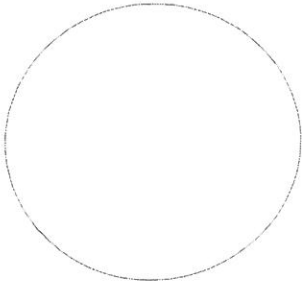
Ideas of what you can do if it happens again.

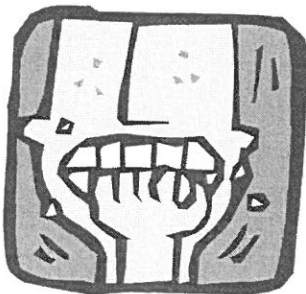
## Session 4

When someone we love is ill we can have different feelings. Feelings can show on faces. What are your feelings? Draw faces in the circles. When mam or dad are ill I feel...

When mam or dad are well I feel...

		
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The people I talk to about my feelings are?