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information, interactive
questions, and fun
activities, it's an ideal
tool for children and their
therapists or other
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workers, covering: How the
brain works; Causes,

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Clarke Bonnie Matthews Nov
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parent with severe
incapacitating disorders
like psychosis suicidal
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or those undergoing the most
intensive forms of treatment

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Wishing Wellness is a
workbook for children who
have a parent experiencing a
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Packed with information,
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workers..."--Cover back.

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Defines depression,
identifies depression
treatments, and provides
many self-help options for
those coping with a
depressed parent. Includes a
note to parents and spaces

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drawing to help express
emotions and concerns.

In partnership with the
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important series of books
for children who have to
cope with adult-sized
problems. Young Alex's
father had been a policeman
until he began to suffer
from depression, perhaps the
most common mental health

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issue we face. Alex's
questions are those that are
often asked by the children
of parents who have
depression: is the parent
simply lazy? Does he no
longer care? And is it
something I can catch, like

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a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it

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reassures a child that he or she is not alone. Written by Canada's foremost experts in the field, this is an important book to spur discussion and allay fears of those affected by depression.

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A little girl, Annie, learns coping skills with the help of her grandmother, neighbors, and school friends when her mother's mental illness disrupts her daily routine. Reprint.

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"Sometimes Mummy has happy days, where she talks and laughs all day long.

Sometimes Mummy is sad. She cries all day and stays in bed. Sometimes she's so sad she has to go to hospital."

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The symptoms of a mental illness can be challenging enough for adults to understand and live with. For a child whose parent lives with bipolar disorder, witnessing and experiencing the highs and lows that this

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particular mental illness
brings with it can be very
difficult for a child to
process. 'My Happy Sad
Mummy' provides both a
starting point; for the
necessary dialogue that will
lead the child to a clearer

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awareness and understanding of their parent's illness, as well as comfort; to know that their experience is a shared one. "I strongly recommend 'My Happy Sad Mummy' - I have not seen anything of its like

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Children." – Professor Philip
Mitchell (AM, Scientia
Professor, Head of the
School of Psychiatry,
University of New South
Wales and Director of the
Black Dog Institute) "Author
Michelle's personal journey

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of living these experiences suffuses the book with meaning and a gentle humour, which will provide families with wonderful opportunities for conversation about making sense of the situation." - Rose Cuff

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When the author's mother was
diagnosed with bipolar

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disorder, the response was shock and confusion. What did it mean to be bipolar? How would it affect her mother and the members of her family? Grett became frustrated with her mother because she didn't

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understand the disease or
her mother's behavior and
believed that she could be
normal if she just tried
harder. The diagnosis of
bipolar disorder weighs
heavily on those millions of
Americans who suffer the

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illness. But what about
their families? More
specifically, what about the
children whose parents are
diagnosed. My Mother's
Bipolar, So What Am I?
reveals the emotional,
physical and mental toll

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this complicated disease
takes on the children.

Mental Illness
Author Angela Grett sheds
light on their common
experiences, as well as
coping mechanisms, to help
adult children begin to heal
through understanding and

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perhaps find a reason to be hopeful.

Healing Feelings is a warm, rhythmic story that brings hope for healing to children living with a grownup who is dealing with a mental

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illness. The story explores the process of healing feelings and opens up the opportunity to dialogue with children about this challenging topic.

Studies show there is a

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clear link between bipolar disorder and obesity-related illnesses. In this workbook, a leading Harvard Medical School researcher and bipolar expert presents a step-by-step, evidence-based behavioral lifestyle program

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Children Of Parents With bipolar disorder live healthy lives, regulate moods, and lose weight. If you have bipolar disorder, you already know about the emotional ups and downs that can accompany this disorder. But you may

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not know that people with bipolar disorder are far more likely to die from obesity-related illnesses as a result of poor nutrition and poor lifestyle choices. For the first time ever, this comprehensive workbook

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offers the proven-effective,
Harvard-researched diet and
lifestyle program made
popular in the best-selling
book *Eat, Drink, and Be
Healthy*, to help you manage
your moods, lose weight, and
thrive. When you are

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experiencing a manic or
depressive episode, making
healthy lifestyle choices is
probably the last thing on
your mind. That's why The
Wellness Workbook for
Bipolar Disorder offers
guidance to help you

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implement healthy changes
into your daily life—one
step at a time.

Amanda Martha tries to
understand her mother's
depression, which sometimes
makes her sleep all day,

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Little Bea has a pretend friend, so does Big Jay. Their pretend friends are very different and people react very differently to them. Little Bea has lots of

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fun adventures with her pretend friend Nye Nye. Big Jay's pretend friends don't make him happy, in fact they can make life quite hard for Big Jay. This full colour story book helps to explain in a child-friendly way what

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life is like for those who
hear voices or have other
hallucinations or delusions
as a result of mental
illness. Appropriate for
children aged 4 and above,
it describes why these
auditory and visual

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hallucinations are very
different to the enjoyable
imaginary friends many
children create, and
explains some of the things
that may help people like
Big Jay.

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