



Dear Librarian,

I am contacting you from the Children of Parents with a Mental Illness (COPMI) national initiative. Our organisation is funded by the Australian Government to support parents with mental illness, their children and families.

One of the ways that we support the vast number of these families is by developing information and free resources for them. Recently, in consultation with families who have a lived experience of a parents' mental illness, we developed a list of recommended books and stories which we encourage libraries to purchase.

### **Why stock these texts?**

Research shows that when parents talk openly about their mental illness, and help their children to understand it, there are better long-term outcomes for the whole family. One way parents can do this is by reading stories to young children about their parents who have a mental illness. It is our goal to have books of this nature available for parents and families in the community to access at local libraries like yours.

### **Where can I find them?**

Details of where to purchase the 20 recommended texts can be found below. In addition, we offer booklets produced by COPMI that can be delivered free of charge to have on hand for the community. (Delivery is also free within Australia).

- Browse free resources for order here: <http://www.copmi.net.au/materials>

If you have any queries at all please contact us on 08 8367 0888 (or email [copmio@copmi.net.au](mailto:copmio@copmi.net.au))

Sincerely,

The COPMI national initiative

## Books for families where a parent experiences mental illness

Author	Title	ISBN	Description
<b>Picture Books</b>			
Andrews, Beth	Why Are You So Sad?	978-1557988874	A picture book written to help children understand their parent's depression.
Campbell, Bebe Moore	Sometimes My Mommy gets Angry	978-0142403594	A picture book in which a little girl copes with her mother's illness with the help of family and friends.
Halligan, Sally	You Can't Hide an Elephant		A picture book for 8 to 12 year olds who have a parent with a mental illness.
Heinisch, Rebecca	Anna and the Sea		A picture book for 7 to 12 year olds about Anna and her mother who has a mental illness.
Hueston, Sue	Bipolar Bears	978-0646562131	A picture book about Daddy polar bear who has bipolar.
Ironside, Virginia	Wise Mouse	978-0954512309	A picture book written for 5-11 year olds to help them understand what is happening to a family member who may be experiencing mental illness.
Kelbaugh, Gretchen	Can I Catch it Like a Cold?	978-0888684165	A picture book to help 5 to 9 year olds understand their parent's depression.
Louis, Andrea	Robby Rose and Monkey	978-0730807155	A picture book about postnatal depression woven around the life of Monkey, Robby's toy friend.
McGuinness, Sharon	Coming Home	978-1-921633-77-5	A picture book for ages 8 and up about Gemma, who is trying to understand her father's depression.
Miller, David	Big and Me	9781876462697	A beautifully illustrated picture book for children who live with an adult with a mental illness.
Tidy, Samantha	The Blue Polar Bear	978-0731043651	A picture book for 5 to 7 year olds who have a parent with mental illness and drug or alcohol issues.
Tidy, Samantha	The Flying Dream	978-0731043644	A picture book for families where a parent has a dual diagnosis of mental illness and drug or alcohol issues.
<b>Books for older children or young adults</b>			
Fensham, Elizabeth	Helicopter Man	978-1741636291	A novel in diary format for children 9-12 in which the main character, Pete, experiences adventure whilst learning about his father's schizophrenia.
Marchetta, Melina	Saving Francesca	978-0375829833	A novel about a family dealing with the effects of their mother's depression.
Wilson, Jacqueline	The Illustrated Mum	9780440867814	A novel about a mother mother grappling with mental illness and its

			affect on her two daughters.
Winton, Tim	Lockie Leonard - Legend	9781743482629	A novel for 8 to 15 year olds about Lockie whose mother experiences depression.
<b>Books for adults</b>			
Joanne Nicholson	Parenting Well When You're Depressed	978-1572242517	Strategies, action plans, and resources to help depressed parents provide for their children's healthy development.
Rowe, Jessica & Rowe, Penelope	The Best of Times, the Worst of Times	978-1741146615	A personal account of living with Bipolar disorder, written from the perspective of Mum Penelope Rowe, and her daughter Jessica Rowe.
Cowling, Vicki	Children of Parents with Mental Illness Volumes 1 & 2	Vol 1: 978-0864312822 Vol 2: 978-0864314734	Using research, case studies and insights and experiences of children and adults who have lived or grown up with parents with a mental illness, these two books explore the impact of a parent's illness on their child.
Wigney, Parker, & Eysers	Journeys with the Black Dog	978-1741752649	Autobiographical stories written by people with depression.