

Explaining a Parent's Mental Illness to a Child

Non-Fiction For Children

Greenberg, Harvey Roy. ***Emotional Illness in Your Family: Helping Your Relative, Helping Yourself.*** Ju 616.89 Gre.

Hyde, Margaret Oldroyd. ***The Disease Book: A Kid's Guide.*** Ju 616 Hyd. Discusses the causes, symptoms, effects, and treatment of a variety of diseases and disorders arranged under such categories as "Disorders of the Lungs," "Mental Illness," and "Disorders of the Digestive System."

Fiction For Children and Teens

Campbell, Bebe Moore. ***Sometimes My Mommy Gets Angry.*** Ju E Cam. A little girl learns coping skills with the help of her grandmother, neighbors and school friends, when her mother's mental illness disrupts her daily routine.

Connelly, Neil O. ***St. Michael's Scales.*** YA F Con. Keegan Flannery, feeling responsible for his twin brother's death and his mother's mental illness, believes he must atone by committing suicide before his sixteenth birthday, but he gains new insights when he joins his school's wrestling team.

Franklin, Kristine L. ***Eclipse.*** Ju F Fra. When Trina's father falls into a severe depression after losing his job and her mother becomes pregnant at forty-eight, Trina faces a difficult summer even with the help of her good friend Miranda.

Hanson, Regina. ***The Face at the Window.*** Ju F Han. When Dora goes to take a mango from Miss Nella's tree, she is frightened by the woman's strange behavior.

Naylor, Phyllis Reynolds. ***The Keeper.*** Ju F Nay. Junior high school student Nick must face the fact that his father is plunging fast into serious mental illness.

Rosenberg, Liz. ***Seventeen: A Novel in Prose Poems.*** YA F Ros. Seventeen-year-old Stephanie journeys from fall to spring and from childhood to womanhood as she experiences first love and deals with her fear of inheriting her mother's mental illness.

Warner, Sally. ***How To Be a Real Person (In Just One Day).*** Ju F War. Sixth grader Kara tries to conceal from her friends, her absent father, and the authorities that her mother is sliding deeper and deeper into mental illness.