

## **REFERENCES ON SIBLINGS**

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## **RESOURCES LIST ON SIBLINGS' ISSUES**

Almond, D. (2007) My Dad's a Birdman. London: Walker Books Ltd. (A novel about a parent's mental health problems but which can be adapted for young siblings).

Froggatt, D. (2001) Leave my stuff alone- a story for young teen siblings. WFSAD, Canada

Horn K. and Howe, D. (2002) For brothers and sisters, information about psychosis, Young People and Early Psychosis Intervention (YPPI) Centre Australia

Ironside, V. (2003) The Wise Mouse. Young Minds, London (for aged 5-11 years)

Lloyd, H. (2002) Children Can Understand. The Meriden West Midlands Family Programme

Maynard C. and Smith J. (2003) Information about psychosis for brothers and sisters, South Worcestershire Early intervention Service, UK

Mulder, S. and Lines, E. (2005) A sibling's guide to psychosis: information, ideas and resources. Canadian Mental Health Association, Canada

NSF (Scotland): It's about you too! (age 8-10 years) Download from [www.nsfscot.org.uk](http://www.nsfscot.org.uk)

NSF (Scotland): Need to know (age 11-14 years) Download from [www.nsfscot.org.uk](http://www.nsfscot.org.uk)

NSF (Scotland) Making time to talk (for parents with a mental illness wanting to talk to children about mental illness) download from [www.nsfscot.org.uk](http://www.nsfscot.org.uk)

Sherman, M (2006) I'm not alone: A teen's guide to living with a parent who has mental illness [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

Schizophrenia Society of Ontario (2006) When your brother or sister has schizophrenia [www.schizophrenia.on.ca](http://www.schizophrenia.on.ca)

'What's Eating Gilbert Grape' (1993). Movie starring Johnny Depp and Leonardo Di Caprio dealing with the relationship between a young disabled man and his brother.

### **Further Reading:**

Lamb, W. (1998). I know this much is true. London: HarperCollins Publishers. (This is a novel about twins where one has schizophrenia, and may be helpful for staff in understanding the impact on siblings. Not suitable for children)

Loudon, M. (2006) Relative stranger: A sister's story. Canangate Books ISBN:1841956759

Safer, J. (2003) The normal one: life with a difficult or damaged sibling. Delta Books. ISBN-10: 0385337566 ; ISBN-13: 978-0385337564

Secunda, V (1997) When madness comes home: Help and hope for the children, siblings and partners of the mentally ill. Hyperion Books. ISBN-10: 0786861711; ISBN-13: 978-0786861712

Simon, C. (1998) Mad house: Growing up in the shadow of mentally ill siblings. Penguin. ISBN-10: 0140274340; ISBN-13: 978-0140274349

### **USEFUL WEBSITES**

'Sibs': [www.sibs.org.uk](http://www.sibs.org.uk)

Generic website for siblings producing information sheets, regular newsletter, will take calls from siblings, runs workshops. Article on this group appears in the September 2008 edition of the newsletter

Rethink Siblings: [www.rethink.org/siblings](http://www.rethink.org/siblings)

New on-line national network for siblings to share experiences and get support set up by Rethink mental health charity

[www.easternhealth.org.au/champs/champs.shtml](http://www.easternhealth.org.au/champs/champs.shtml)

For children aged 5-12yrs who have an adult family member with a mental illness

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