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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 Family Programme, West Midlands

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

NSF (Scotland): Need to know (age 11-14 years) Download from 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

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

Schizophrenia Society of Ontario (2006) When your brother or sister has schizophrenia 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)

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ISBN:1841956759

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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

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

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

www.champsworldwide.com

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

**Dr Gráinne Fadden
June 2010**