

Impact of Parental Mental Health Sub-Group of Galway and Roscommon Children and Young People's Services Committee

Impact of Parental Mental Health Sub-Group of Galway and Roscommon CYPSCs welcomes additions and updates to this Resource Library. Please contact CYPSC Coordinator with any queries.

Target Audience	Type of Publication	Cost	Title	Publisher	Place of Publication	Year	Link	Brief Summary
Adults	Website page	Free and downloadable	Parent Becomes Mentally Unwell	Mental Health Ireland	Ireland		http://www.mentalhealthireland.ie/a-to-z/parent-becomes-mentally-unwell/	Very brief information presented under three headings: 1. Parents with mental health problems; 2. How does ill-health affect parenting?; 3. What can help children and young people?
All, parents, children, professionals and teachers	Booklets	Free and downloadable	Various e.g. Family focus, How Can I Help my child?, New baby, Primary and secondary school resources, Inpatient family friendly checklist	Children with parents with a mental illness	Australia		http://www.copmi.net.au/find-resources/order-free-materials	Wide range of resources materials
Children	Booklet	Free and downloadable	Family Minded: Supporting Children in Families Affected by Mental Illness	Barnardos	UK	2008	http://www.barnardos.org.uk/family_minded_report.pdf	Highlights best policy developments and practice

Children	Booklet	Free and downloadab le	Learning about Mental Illness	Shine and Barnardos	Ireland	2004	http://www.barnardos.ie/assets/files/publications/free/learning_about_mental_illness.pdf	Specially designed for children whose parent, brother or sister are experiencing mental ill-health
Children and Young People	Book List	Free and downloadab le	Selection of Books for Children and Youth that have a Theme of Parental Mental Illness	Compiled by Sharon van Volkingburgh, RCSW	Various	2012	http://www.interestprofessionallib.ubc.ca/CYMHM/documents/PA21.pdf	Selection of books for children and young people with a theme of parental mental illness
Children and Young People	Booklet	Free and downloadab le	Mental Illness in Your Family	Young Minds	UK		http://www.youngminds.org.uk/assets/0001/6892/Mental_Illness_In_Your_Family_interactive_.pdf	If someone in your family is mentally ill, this booklet may help you. It might be your mum or dad, brother, sister, grandmother, aunt or uncle is not well.
Parents	Fact Sheet	Free and downloadab le	Tips for Parenting with a Mental Illness	PsychCentral Online Mental Health Resource	US	1995	http://psychcentral.com/lib/tips-for-parenting-with-a-mental-illness/	Psych Central is an independent, mental health social network site, overseen by mental health professionals. It has a section specifically dedicated to professionals.

Professionals	Booklet	Free and downloadable	Supporting Children who have a Parent with a Mental Illness: Information for Professionals	The Children's Society	UK	2011	http://www.youngcarer.com/sites/default/files/mental_illness_booklet_2011_2nd.pdf	Issues, impact, what children say they need, what practitioners can do, other resources
Professionals	Article	Free and downloadable	Supporting Children of Parents with Co-occurring Mental Illness and Substance Abuse	National Abandoned Infants Assistance Resource Centre	US	2012	http://aia.berkeley.edu/media/pdf/brief_supporting_children.pdf	Research to practice
Professionals	Training resource	For purchase	Been Seen and Heard: The Needs of Children of Parents with Mental Illness	Royal College of Psychiatry (Dr. Alan Cooklin)	UK	2006	http://www.rcpsych.ac.uk/usefulresources/publications/books/rcpp/1904671438.aspx	Hour-long training DVD and CD. Offers practical and creative suggestions on how professionals can work effectively with children and parents
Professionals	Report	Free and downloadable	Parents as Patients: Supporting the needs of patients who are parents and their children	Royal College of Psychiatry	UK	2010	http://www.rcpsych.ac.uk/files/pdfversion/CR164.pdf	Report on evidence base, demographic and policy changes, services, legislation and nine recommendations.
Professionals	Report	Free and downloadable	Patients. Parents. People. Towards Integrated Supports and Services for Families Experiencing Mental Health Difficulties	Barnardos	Ireland	2014	http://www.drugsandalcohol.ie/22129/1/Patients.%20Parents.%20People%20Towards%20Integrated%20supports.pdf	Examine the issue of mental health specifically in relation to parents and identify approaches and supports that can be improved.

Professionals	Fact Sheet	Free and downloadable	Reaching out to children of parents with mental illness	Social Work Today	US	2007	http://www.socialworktoday.com/archive/septoct2007p26.shtml	Identifies ten concrete things these youths need
Professionals and Parents	Toolkit	Free and downloadable	MABIM Toolkit 1: Developing a Specialist Perinatal Mental Health Community Service	MABIM (Mums and Babies in Mind)	UK	n.d.	http://maternalmentalhealthalliance.org/mumsandbabiesinmind/mabim-tools/#	The toolkit is a set of 17 documents, templates and tools (including job descriptions, letters, referral forms and planning templates) from existing perinatal mental health community services.
Professionals	Article	Free and downloadable	Promoting Children's Resilience to Parental Mental Illness: Engaging the Child's Thinking	Advances in Psychiatric Treatment	UK	2013	http://apt.rcpsych.org/content/aptrcpsych/19/3/229.full.pdf	Promoting resilience through relatively simple interventions by child and adult focused professionals.
Young people 11+ Years	Book	For purchase	The Illustrated Mum	Jacqueline Wilson, Author	UK	2007	http://www.partnershipforchildren.org.uk/GBTTHome/good-books-for-tough-times-by-jacqueline-wilson.html	This book was recommended in a list of Good Books for Tough Times put together by the Partnership for Children
Young people 12+ years	Resource Pack	Free and downloadable	Minds, Myths and Me	Gloucestershire Young Carers	UK	2014	http://www.youngcarers.ie/userfiles/files/Mind%20Myths%20%26%20Me.pdf	Fact pack developed by young people living with someone with mental illness



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

Galway



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Roscommon