

## FaPMI Resources List – July 2018

Title	Author	Subject	Type
<b>Young Children</b>			
Big & Me	D. Miller	Mental Illness (story) young children	Picture book
Why are you so sad?	B. Andrews	Parental Depression for younger children	Picture Book
Jake's Dinosaurs	S. Williams	Children's story- mum with severe MI	Picture Book
My Mum has Depression	Nina Mitchell	Simple explanation of depression for children.	Picture Book
Making Mummy Better	Denise Scott	Perinatal Depression	Picture Book
Robby Rose and Monkey	Andrea Louise	PND children's story	Book
The Bipolar Bear Family	Angela Ann Holloway	Bipolar (mum)	Picture Book
Can I catch it like a cold?	Gretchen Kelbaugh	(Dad) Depression 5-9 yrs	Picture Book
My Happy Sad Mummy	Michelle Vasiliu	Consumer author- Bipolar Disorder from mum's perspective	Picture book
<i>When I'm feeling Angry</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Jealous</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Kind</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Sad</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Scared</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Happy</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Lonely</i>	T. Moroney	Emotions for young children	Book set
<i>When I'm feeling Loved</i>	T. Moroney	Emotions for young children	Book set
The flying dream	Samantha Tidy	Acutely unwell (mum)	Picture book
You can't hide an elephant – book 1	Sally Halligan	Parental Mental Illness 7 -12yrs	Picture book
You can't hide an elephant – book 2	Sally Halligan	Family Violence 7-12yrs	Picture book
I want it to be Normal	Jeane Bicket	Childrens Booklet by consumer	Book
Darla the Elephant has Bipolar Disorder	Jessie Shepherd	Challenges Stigma	Hardcover picture book
The weather house	Laporte & Fraser	Parents (mother) with BPD. Psycho-ed	Picture book

In my corner of the moon	Rachel Rashkin-Shoot	11years plus. Trauma focus.	Book. Interactive
Helpful Harry	COMIC	Written by consumer's child.	Booklet
Wishing Wellness	L. Clarke	MI activity education for children	Workbook
<b>Older Children</b>			
Joe's Diary	Sane	Guide for young people - teens	Book
You're Not Alone	Sane	Guide to MI for Children 6-12yrs	Book
I'm Not Alone Teen's Guide	M & D Sherman	Guide to living with parental MI	Workbook
Helicopter Man	E. Fensham	Novel-diary for children & youth	Story Book
Lockie Leonard Legend	Tim Winton	Teenage Fiction Novel	Story Book
<b>For Families</b>			
Guide for Families	Sane	Families & Carers	Book
Family Talk	COPMI	Family resource	Booklet
Best for Me & My Baby	COPMI	Family Resource	Booklet
Piecing the Puzzle Together	COPMI	Family Resource	Booklet
<b>Other Resources</b>			
Emotions Cards	Educational Colours	Childrens Emotions	Cards
The Koala Cards	St Luke's Innovative Resources	Feelings cards – universal use	Cards
Hardwords	DHS	Children of parents with MI	DVD
Children of Parents with a Mental Illness	Vicki Cowling	Professionals guide	Book
Children of Parents with a MI 2	Vicki Cowling	Professionals guide	Book
Red Chocolate Elephants	Diana Sands	For Children bereaved by suicide	Book & DVD
Strengths cards	St Luke's Innovative Resources	'For kids', 'Choosing Strengths', Nature of strengths' – all ages	Cards
Bear Cards	St Luke's Innovative Resources	Kids	Cards