

Resources for Families Dealing with Parental Mental Illness

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Free Online Resources

Parenting Well Workbook (Brandeis University): <https://www.cbhknowledge.center/parentingwell-resources>

Temple University's Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities:

Parenting with Mental Health Challenges

<https://tucollaborative.org/parenting/positive-parenting-and-child-resilience-a-training-handout/>

COPMI: Children of Parents with a Mental Illness (Australia) – excellent fact sheets for parents, kids, and family, including crisis care plan templates: www.copmi.net.au

Our Time Charity – for children of parents with a mental illness (United Kingdom) – has podcast, My Family, Mental Health...and Me: <https://ourtimecharity.org.uk/>

BOOKS – For Elementary / Middle School Age Youth

Nonfiction:

Clarke, L. (2006). *Wishing wellness: A workbook for children of parents with mental illness*. Magination Press.

Hazzard, A., Collins, M., & Celano, M. (2025). *Something happened to our mom: A story about parental addiction*. Magination Press.

Kelbaugh, G., & Nault, C. (2002). *Can I catch it like a cold?* Centre for Addiction and Mental Health (Canada)

Fiction (stories, picture books):

Andrews, B. (2002). *Why are you so sad? A child's book about parental depression*. Magination Press.

Campbell, B. (2003). *Sometimes my mommy gets angry*. Penguin Young Readers Group.

Faruqi, S. (2025). *The strongest heart*. Quill Tree Books. (ages 8-12; novel about impact of paternal mental illness on an 8th grade Pakistani American boy)

Fensham, E. (2005). *Helicopter man*. Bloomsbury USA (ages 5-12; short story about a dad who has schizophrenia)

Holloway, A. (2006). *The bipolar bear family: When a parent has bipolar disorder*. AuthorHouse.

Miller, D. (2009). *Big and me*. Ford Street Publishing - Australia. (picture book for children ages 7+ that is a metaphor for a child living with a parent who has a mental illness)

BOOKS / RESOURCES - For Teenagers

Nonfiction:

Boucher, V., & Fitzpatrick, O. (n.d.) *KARE: The magazine for young caregivers*. AMI Quebec. {Note: not specific to mental illness}: <https://olivergfitzpatrick.wordpress.com/portfolio/kare-the-magazine-for-young-caregivers/>

Sherman, M.D., & Sherman, D.M. (2024). *I'm not alone: A teen's guide to living with a parent who has a mental illness or has experienced trauma* (2nd ed). Seeds of Hope Books.

Villatte, A., Piché, G., Habib, R. (2020). *When your parent has a mental illness: tips and testimonies from young people*. Université du Québec en Outaouais: LaPProche Laboratory. https://lapproche.uqo.ca/wp-content/uploads/2022/01/When_your_parent_has_mental_issue_VA_web.pdf

Fiction (novels):

Brown, S.T. (2006). *Hugging the rock*. Tricycle Press. (a teenage girl whose mother has bipolar disorder)

Fischer, J. M. (2004). *An egg on three sticks*. St Martin's Press. (a teenage girl whose mother deals with depression with psychotic features)

Marchetta, M. (2006). *Saving Francesca*. Random House Children's Books. (a teenage girl whose mom has depression)

Young, J.R. (2008). *The opposite of music*. Simon & Schuster E-book. (15 yr old boy dealing with his father's depression)

BOOKS – For Parents

Beardslee, W. (2003). *When a parent is depressed: How to protect your children from the effects of depression in the family*. Little, Brown & Company.

Koslowitz, R. (2025). *Post-traumatic parenting: Break the cycle and become the parent you always wanted to be*. Broadleaf Books

Sherman, M.D., & Sherman, D.M. (2025). *Loving someone with a mental illness or history of trauma: Skills, hope, and strength for your journey*. Johns Hopkins University Press.