11.5 COW  
**Children of parents with mental illness 2: personal and clinical perspectives** [Book]  
by Cowling, Vicki (ed.)  
Looks at the insights and experiences of children and adults who have lived or grown up with parents with a mental illness. The experiences highlight the need to consider all family members when a parent has a mental illness and to particularly identify the needs of children. These personal accounts are complemented by chapters written by Australian clinicians and practitioners.

11.5 THE  
**There’s no such thing as a silly question: a practical guide for families living with a child with chronic illness, disability, mental illness or a life-threatening condition** [Book]  
by Very Special Kids.  
(Canberra, ACT: Very special kids, 2007) 98 p. ill.  
A practical guide for families living with a child with chronic illness, disability, mental illness or a life-threatening condition. It provides valuable insights into what other families have learnt, felt or found helpful in their experience of caring for a child with additional needs.

12.2 BUR  
**Assessment Scales in Old Age Psychiatry** [Book]  
A unique compendium of more than 200 assessment scales, this second edition of Assessment Scales in Old Age Psychiatry is an indispensable guide for assessing the mental health problems of the elderly and the effects that such problems may have on patients’ functional ability. Building on the foundation set by the first edition, the book summarizes scales commonly used in clinical and research practice and provides references for obtaining further information.

13.89 AMA  
**I am not sick, I don’t need help: helping the seriously mentally ill accept treatment** [Book]  
by Amador, Xavier.  
A volume for those individuals most closely associated with the mentally ill. Dr. Amador clearly outlines the relevant research and gives clear prescriptions to help families and therapists deal with patients’ obliviousness to their condition. Strongly recommended for families and therapists of individuals with serious mental illness.

13.89 BAT  
**Help for carers of the mentally ill** [Book]  
by Bates, Claire.  
A compassionate look at caring for someone with a mental illness, researched and written by someone who has been there. Gives invaluable tips, and an extensive list of Australia-wide government and non-government support organisations.

13.89 BEC  
**Because mental health matters: Victorian mental health reform strategy 2009-2019** [Book]  
(Melbourne: Mental Health and Drugs Division, Dept of Human Services, 2009)
Developed through extensive consultation with those who live with mental illness, their families, friends, carers and those who work to support them, this strategy represents a commitment by the Victorian government to ensure all Victorians have the opportunities they need to maintain good mental health, while also supporting those with a mental illness to access high quality, timely care and live successfully in the community. It is a whole of Victorian government ten-year plan for mental health that contains both aspiration goals and concrete proposals for change.

13.89 CAR
Carer retreats: providing respite, support, education and information for carers of a person with mental illness [Book]
by Commonwealth Carer Respite Centre, Southern Metropolitan Region.
Carer retreats are an effective way of providing respite, support, education and information to carers of someone with a mental illness. Retreats present carers with an opportunity to connect with other carers, to offer each other mutual support and to learn from others' experiences. This publication promotes carer retreats in general and, in particular, the model developed by the CCRC, Southern Metropolitan Region.

13.89 FRO
Families as partners in mental health care: a guidebook for implementing family work [Book]
by Froggatt, Diane; Fadden, Grainne; Johnson, Dale L.; Leggatt, Margaret; Shankar, Radha.
This report aims to encourage mental health services and professionals to adopt and implement family work as a part of basic care. It describes practical ways that professionals can work with the families and carers of mentally ill clients to ensure better relationships and superior outcomes. It includes case studies of family services already in place and detailed examples from around the world.

13.89 KAR
The burden of sympathy: how families cope with mental illness [Book]
by Karp, David A.
Working from sixty extensive interviews, the author reveals striking similarities in the experiences of caregivers: the feelings of shame, fear, guilt and powerlessness in the face of a socially stigmatized illness; the frustration of navigating the complex network of bureaucracies that govern the mental health system; and most of all, the difficulty negotiating an "appropriate" level of involvement with the mentally ill loved one while maintaining enough distance for personal health. An insightful, deeply caring look at mental illness and at the larger picture of contemporary values.

13.89 PAL
Gain Control of Mental Illness and Prevent Relapse [Book]
Gain Control of Mental Illness provides a wide overview of all aspects which are part of, and closely associated with, Mental Illness (MI).

The medical components and projection of MI, the ill person's struggles with their illness, and other family member's experiences and struggles alike. These three aspects are essential for families to be familiar with in order to understand their ill person, cope better with MI themselves and at the same time gain some control that has been taken away from them.

By utilising and providing problem solving methods and a solution focused approach, this book demonstrates how to drastically reduce stress, the unpleasant confrontations and arguments that often are a daily occurrence and associated with MI.
13.89 SAN  The SANE guide for carers: a guide for family and friends of people with a mental illness [Book]
by SANE Australia.

13.89 SAN  The SANE guide to mental illness for the workplace [Book]
by SANE Australia.
(South Melbourne: SANE Australia, 2005) 35 p.
This guide helps you to understand mental illness and its treatment, and suggests ways to work with and support colleagues in your workplace who are affected.

13.89 STI  Stigma and discrimination [Book]
by Carr, Vaughan; Halpin, Sean.
Stigma against those with a mental illness takes many forms. It is insidious and all too common, robbing people with a mental illness of opportunities others take for granted. To be better able to change attitudes and educate the public about the reality of mental illness and the lives of those affected by it, we need to understand stigma’s origins and the fears and prejudices that motivate it. This report presents the nature of the problems associated with stigma and through its recommendations suggests positive strategies to genuinely impact on stigma in our society.

13.89 TOC  Demystifying mental health in ethnic communities: multicultural mental health project evaluation [Book]
by Toczek, Patrycja.
This report evaluates a project aimed at tackling the stigmas and attitudes towards mental health in the Polish, Arabic speaking, Chinese, Cambodian and Macedonian communities and at raising community awareness of the services available. It provides information on the activities undertaken throughout the project and recommends a wide range of responses to improve the mental health of Victoria’s culturally and linguistically diverse populations.

13.89 WHA  Whatever life brings: understanding your child’s mental health [Book]
by Mental Health Foundation.
This booklet outlines for parents and carers the things that keep children and young people in good mental health and suggests what can help when children are troubled. It describes the mental health problems that can affect children and young people and outlines the help that is available.

13.89 YOU  Young people and mental health [Book]
by Aggleton, Peter (ed.); Hurry, Jane (ed.); Warwick, Ian (ed.)

4.4.1 LAF  Grieving mental illness: a guide for patients and their caregivers [Book]
by Lafond, Virginia.
This self-help manual argues that people who are afflicted with mental illness suffer not only from the illness itself but also from the psychological effects of their diagnosis, and that coming to terms with those effects is a grief process. In short chapters peppered with clinical anecdotes and wisdom won through clinical and personal experience with mental illness, the author tries to help both patients and caregivers identify and work through the complex reactions associated with mental illness.
**4.4.5 PSY**

**Sharing the journey [Book]**

by Brooks, Margaret (ed.)

*Series of books that gathers together the varied experience of a number of people working towards recovery from the disabling effects of mental illness. Sharing the journey (volume 2) discusses recovery-focused practice and skills, holistic shared care, ethics and boundaries, duty of care, and explores ways of supporting workers to be effective practitioners.*