

# Booklets to address the needs of children and young people who have a parent with a mental illness



**It's about You Too** - is a guide for children who have a parent with Mental Illness. This book may be particularly helpful for children aged 8 - 10 years old.

**Need To Know** - is a guide for young people who have a parent with Mental Illness. This book may be helpful for young people aged 11 - 14 years old.

**Making Time To Talk** - gives advice for parents with a Mental Illness.

These booklets are an invaluable support to help children come to terms with the difficulties and problems that they may face when a member of their family is affected by a mental illness.

We hope these booklets will also go some way to dispel the stigma and myths around mental illness and improve understanding.



To order your copy/copies please complete the form below and send to:

NSF (Scotland), Children's Booklets, Claremont House, 130 East Claremont Street, Edinburgh EH7 4LB

Please print/use block letters

Name \_\_\_\_\_

Address \_\_\_\_\_

Please supply  copies of **It's about You Too** (age 8 - 10 years old)

Please supply  copies of **Need To Know** (age 11 - 14 years old)

Please supply  copies of **Making Time To Talk** (parents)

(please note there is no charge for these booklets but more than two sets will be subject to the postage being paid)