



A few recommended Resources are:

For a more comprehensive list please visit the COPMI (Children Of Parents with a Mental Illness) National Initiative Resource Centre at: <http://www.copmi.net.au>

Children 0 - 5 yrs

- ∞ **JAKE'S DINOSAUR** *Anne Sved – Williams (1996)*
A picture book for 3-6 years olds
- ∞ **ROBBY ROSE AND MONKEY** *A. Louis*
A picture book for 3-6 year olds

Children 9- 12yrs

- ∞ **YOU'RE NOT ALONE** *SANE Australia*
SANE Guide to mental illness for children
- ∞ **HANDLE WITH CARE** *ARAFMI (WA)*
Association of Relatives & Friends of the Mentally Ill

Adolescents 13-18yrs

- ∞ **ABOUT MENTAL ILLNESS** *ARAFMI (WA)*
Association of Relatives & Friends of the Mentally Ill
- ∞ **THE ILLUSTRATED MOTHER** *Jacqueline Wilson*
- ∞ **JOE'S DIARY** *SANE Australia*

ADULT CHILDREN (over 18 years)

- ∞ **HIDDEN VICTIMS/HIDDEN HEALERS** *Julie Tallard Johnson (1988)*
- ∞ **WOMEN WHO LOVE TOO MUCH** *Robin Norwood (re-issue 1991)*
- ∞ **MY PARENT'S KEEPER** *Eva Marian Brown*

PARENTS

- ∞ **THE BEST FOR ME AND MY BABY** www.copmi.net.au

FAMILIES

- ∞ **FAMILY TALK** www.copmi.net.au

VIDEOS

- ∞ **HARD WORDS**
ARAFEMI Melbourne Victoria
- ∞ **KOPING**
The KOPING Forum Queensland

Please turn over to find a list of Supporting Our Family Kits and Care Plans



List of "Supporting Our Family" Kits and 'Care Plans' adapted from the original 2002 COMIC version

- ∞ 2002 developed original "Supporting Our Family" Kit which includes a 'Care Plan' in Archives Section. Download at website: <http://www.howstat.com/comic>
- ∞ 2003 COMIC SA expanded the "Supporting Our Family" Kit in conjunction with DECS (Department of Education and Children Service South Australia), beyondblue and the COPMI (Children Of Parents with a Mental Illness) National Initiative to produce the "Teacher's Kit" with Curriculum mapping, a COPMI National Initiative Teacher's Sheet and a CD. Download at website: <http://www.howstat.com/comic>
- ∞ 2008 updated the 'Supporting Our Family" Kit and 'Care Plan' - Electronic will soon be available for download at website: <http://www.howstat.com/comic>
- ∞ Western Australia developed a Supporting Our Family Kit download at website: <http://www.mental.health.wa.gov.au>
- ∞ Western Australia Drug and Alcohol with Women's Health have produced a Kit Download at website: <http://www.whs.org.au/services/publications>
- ∞ Tasmania developed the Kit into of folder for training mental health care workers. Contact KIMT (Kids in Mind Tasmania). Email: Jane.Austin@dhhs.tas.gov.au
- ∞ The Australian Capital Territory developed three 'Coloured Books' visit website: <http://www.youthcoalition.net/public/Projects/coloured.html?u=261423860110>
- ∞ Queensland adapted the 'Care Plan' Download from website at: http://www.health.qld.gov.au/rch/professionals/cymhs_early_interv.asp
- ∞ The Northern Territory developed the "7 Steps to Safety" Plan. Download at website: <http://www.nt.gov.au/health/facs/sevensteps.shtml>
- ∞ Maldivian Child Protection Workers have adapted a 'Care Plan' from the 7th Step of the Northern Territory "7 Steps to Safety" Plan (only an electronic copy available)
- ∞ The Australian COPMI (Children Of Parents with a Mental Illness) National Initiative Developed a 'Baby Care' Plan visit website: <http://www.copmi.net.au>
- ∞ New Zealand Kites Project 'Care Plan'
Can be downloaded from Kites website - <http://www.kites.org.nz/downloads.html> in the section "Parents who experience mental illness". It has been adapted from the Australian Kit first designed by COMIC and has been adapted for use in New Zealand
- ∞ Parramatta Mission New South Wales requested permission to use the 'Care Plan' for children attending a Camp
- ∞ Malta distributed the "Teacher's Kit" and translated the "Supporting Our Family" Kit Teacher's Kit available in English at <http://www.howstat.com/comic>