

Who can I talk to?

- Mum or dad, or someone else in your family
- The health worker who sees your family member
- Your school counsellor
- The local child and family mental health service

Helpful Hints!

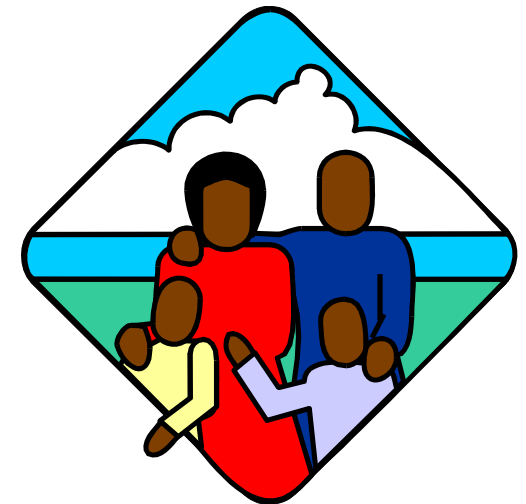
- ◆ Find someone to talk to if you are worried or don't feel safe
- ◆ It is important to remember it is no-one's fault including yours that your family member is unwell
- ◆ Try not to get into an argument about things that don't seem real. Sometimes changing the topic can help

This information brochure is based on a book produced by ARAFMI titled "Handle with Care: A workbook about mental illness for 8-12 year olds". Thanks also to clinicians from the child, family and adolescent services for their assistance.

Someone in my family has psychosis

Information for young people

(Primary school age)



Introduction

This brochure will help you understand what is happening to your family member.

Read it with a grown up you trust.

TRUE: Mental illness makes a person think, act and feel differently

TRUE: A person with mental illness is NOT lazy, bad or stupid

TRUE: You cannot catch mental illness like a cold or chicken pox

TRUE: You did not cause the mental illness. Nothing you did or didn't do made your family member sick

TRUE: Mental illness can happen to anyone

TRUE: Just because your family member is unwell, it doesn't mean it's going to happen to you too.

Psychosis (si-ko-sis)

Psychosis is one type of mental illness. Your family member has psychosis, and it makes it hard to know what is real and what is not real.

This is very confusing for them.

It's like their mind is playing tricks on them.

They might hear or see things that are not really there



Or think things that are not real or true

They might laugh or talk to themselves

They might think someone is following them or trying to hurt them



These things can be very confusing, scary or upsetting for them

They might seem happy, sad, angry, cranky or scared, but you can't understand why



They might say you've done or said things that you haven't.

