# Table of Contents

Welcome .......................................... v
Before You Begin .................................. vii

**PART I: The Basics** ................................ ix

Chapter One ........................................ 1
  What is this “mental illness” thing anyway?
  Understanding mental illness

Chapter Two ......................................... 7
  Why does my parent have these problems?
  The causes of mental illness

Chapter Three ..................................... 15
  What are the different types of mental illness?
  Schizophrenia, major depression, and bipolar disorder

Chapter Four ...................................... 23
  Why does my parent turn to alcohol and drugs?
  Common addictions among people with a mental illness

Chapter Five ...................................... 31
  Who and what can help my parent?
  My parent’s treatment plan

*Extra page for writing* .......................... 40

**PART II: Life with a Parent Who Has a Mental Illness** ...... 41

Chapter Six ....................................... 43
  Are all of my feelings normal?
  Understanding my strong emotions

Chapter Seven .................................... 55
  How can I be true to myself?
  Ways to express myself honestly
Chapter Eight  ................................................................. 61
    How can I cope with all of this?
    Tools for getting through the rough times
Chapter Nine  ................................................................. 71
    Who can I count on?
    Identifying people who can support me
Chapter Ten  ................................................................. 77
    What do I tell other people?
    Dealing with my friends
Chapter Eleven  .............................................................. 85
    What can I do to help?
    Tips on supporting my parent
Chapter Twelve  ............................................................. 93
    And how about those crises...what do I do?
    Coping with specific stressful situations

Extra page for writing.  ............................................... 100

PART III:  Wrap-Up  ..................................................... 101

    Chapter Thirteen: Final Thoughts and Lessons Learned  ... 103
    Chapter Fourteen: Commonly Asked Questions  ............... 109
    Chapter Fifteen: Resource List  .................................. 113

List of Feelings  ............................................................ 119
List of Activities to Help Get Through the Rough Times  .... 120
Glossary  ........................................................................ 121
*Note for Professionals  ................................................ 124
*Note for Parents/Caregivers  ....................................... 126
Acknowledgments .......................................................... 128
About the Authors ......................................................... 129

* The Note for Professionals and Note for Parents/Caregivers offer guidance and suggestions on how this book might be used with teenagers.