

I found this website called "Children of Parents with a Mental Illness" that has some good info but probably not good for a 5 year old, but definitely worth keeping for our older kids:

<http://www.copmi.net.au/kids-young-people/about-mental-illness>

This article was also really nice and gave some cool direct quotes that could be used to introduce a trauma narrative as well as some wonderful points for psycho-education of both kid and caregiver and some things to consider in terms of distortions in the trauma narrative:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809442/>

This is a great list of books for kids:

<http://www.interprofessional.ubc.ca/CYMHM/documents/PA21.pdf>

The Bi-polar bear is really cute:

<https://www.amazon.com/Bipolar-Bear-Family-Parent-Disorder/dp/1425929524>

I haven't read this one but it is recommended on several sites for kids as young as 5 and seems to have some good safety pieces in it:

[https://www.amazon.com/Sometimes-My-Mommy-Gets-Angry/dp/0142403598/ref=pd\\_sim\\_14\\_13?ie=UTF8&dpID=51X7EZ36AML&dpSrc=sims&preST=AC\\_UL160\\_SR130%2C160\\_&psc=1&refRID=4P241AME1WKZRFWE3Q05](https://www.amazon.com/Sometimes-My-Mommy-Gets-Angry/dp/0142403598/ref=pd_sim_14_13?ie=UTF8&dpID=51X7EZ36AML&dpSrc=sims&preST=AC_UL160_SR130%2C160_&psc=1&refRID=4P241AME1WKZRFWE3Q05)

This one has one several awards and seems to be everyone's favorite. I'm going to see if I can get us a copy. It's apparently got lots of pictures and few words and is about a kid whose dad was a police officer until he became depressed:

[https://www.amazon.com/Can-Catch-Like-Cold-Depression/dp/088776956X/ref=pd\\_sim\\_14\\_3?ie=UTF8&dpID=51qEJmYf8uL&dpSrc=sims&preST=AC\\_UL320\\_SR256%2C320\\_&psc=1&refRID=Z9PC0R2RW36SCC1TTHW7](https://www.amazon.com/Can-Catch-Like-Cold-Depression/dp/088776956X/ref=pd_sim_14_3?ie=UTF8&dpID=51qEJmYf8uL&dpSrc=sims&preST=AC_UL320_SR256%2C320_&psc=1&refRID=Z9PC0R2RW36SCC1TTHW7)