



Stigma Busters Books

A Collaboration between a Consumer
and a Clinician

BIPOLAR



by Professor Jake,
Aged 5



Acknowledgment

The 'Stigmabuster' Booklets were written and illustrated by Alison Smith and developed in collaboration with the Ballarat Health Services - Mental Health Services Clinical Practice and Development Committee.

The most lasting education about mental illness will be given to children at an early age, often without parents being aware of it. Parents can choose to demystify, destigmatize and explain mental illness in a language that a very young child can comprehend.

Alternately, they can shroud the subject in prejudice and leave the child to absorb the myths that are still perpetuated in society.

Research of literature and websites associated with mental illness education for young children shows a lack of age and language appropriate material for the 4-12 year old group.

I have created a series of 'Stigmabuster' Booklets to explain different types of mental illness, and strategies to achieve mental health, in language that very young children can understand and find entertaining. The Booklets can also be enjoyed by adults.

The central character for the series is a 5 year old who tells stories about children, adolescents, parents and grandparents who have various illnesses.

The Booklets aim to engender compassion, hope and understanding.

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and sometimes she gets
TOO SAD



The doctor gives her pills
to make her moods even.



She talks to her doctor.



She eats well.



She sleeps well



She looks out for signs that she might be getting sick again.

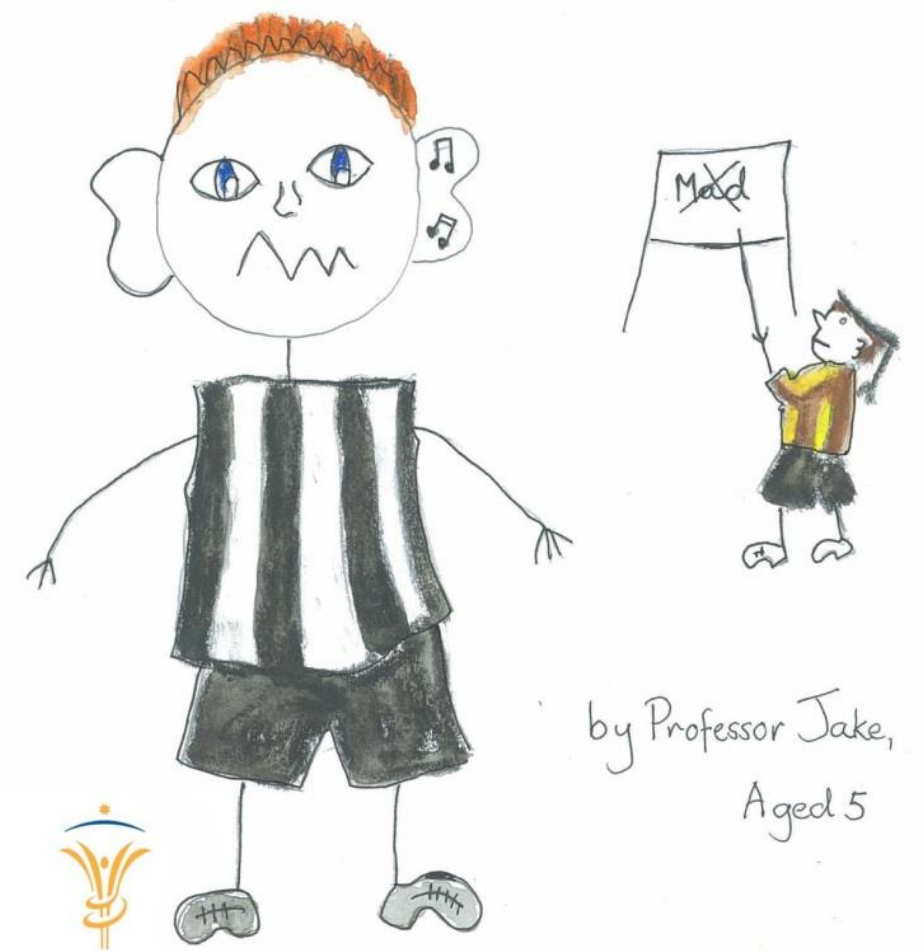


She stays well with exercise
with her friends.



I ♥ Grandma
and she loves me.

SCHIZOPHRENIA



by Professor Jake,
Aged 5

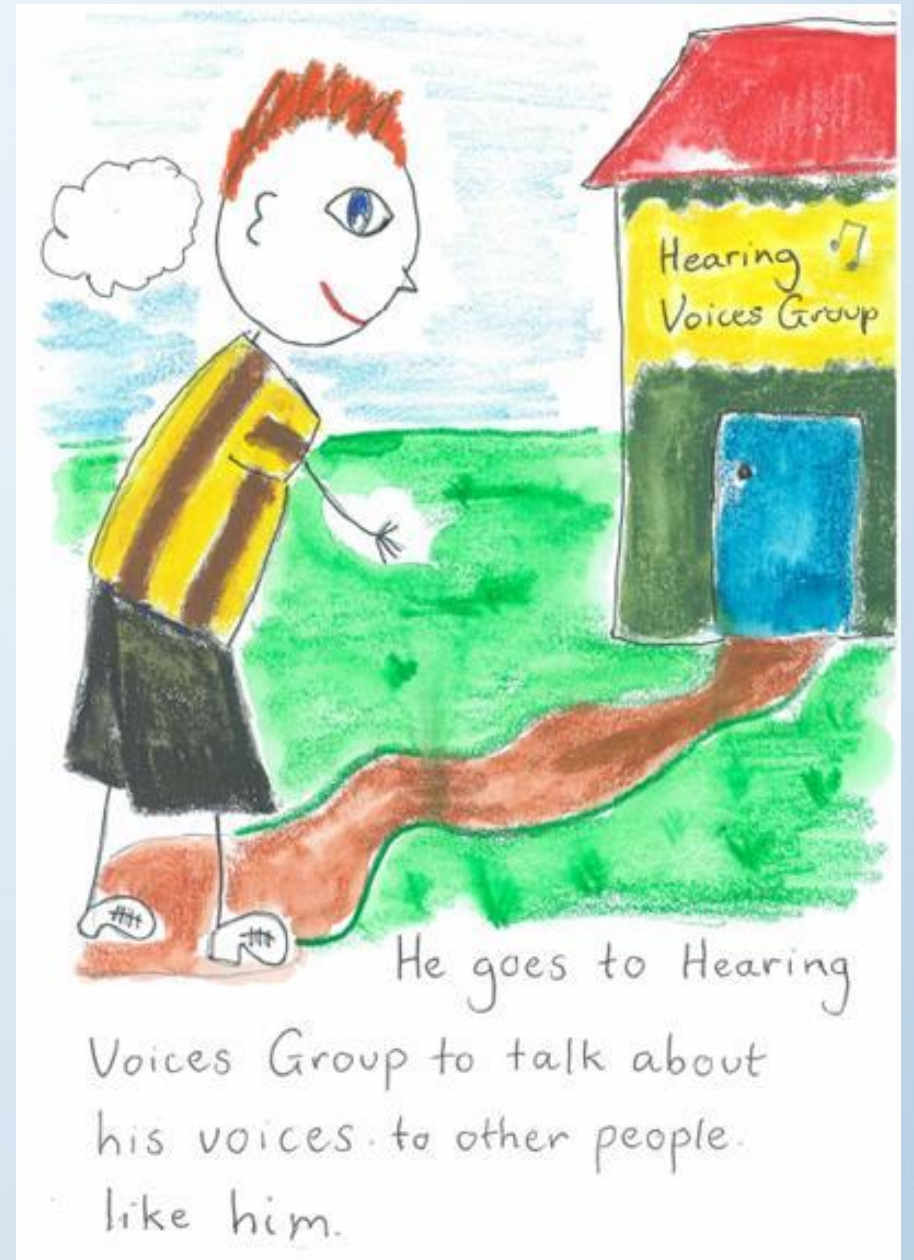


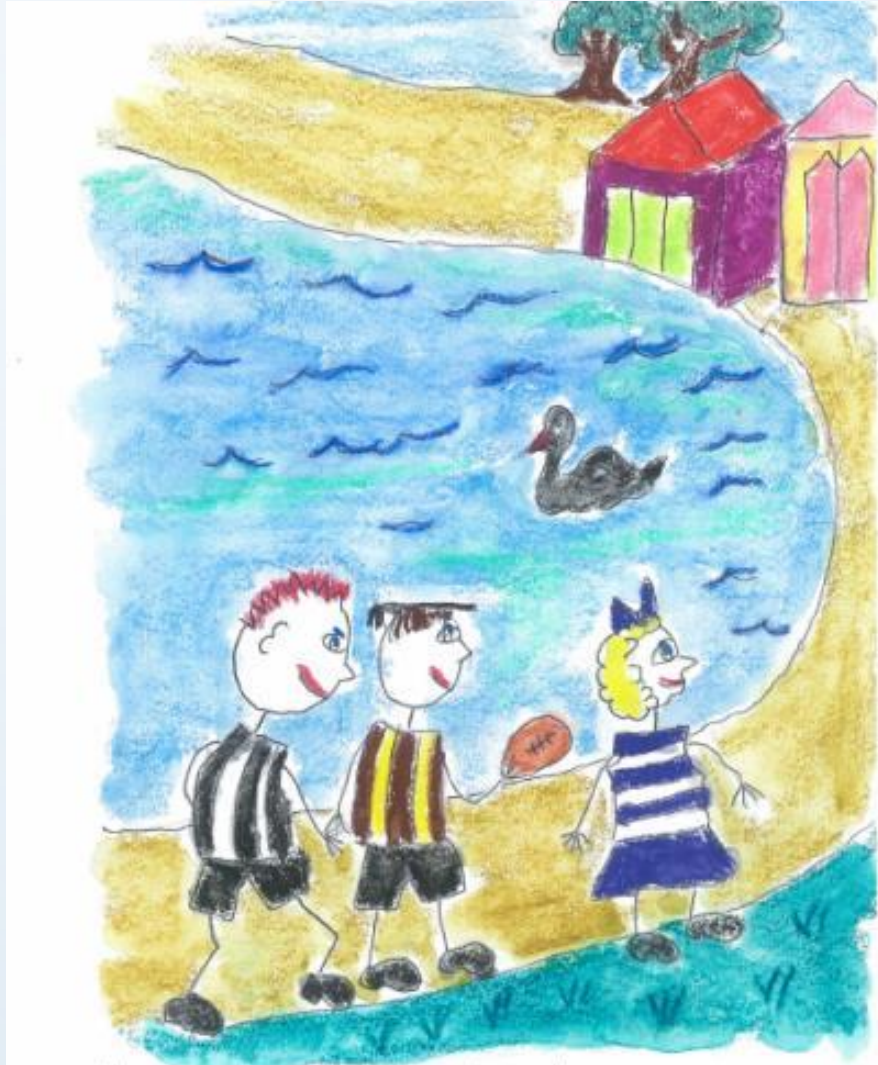


Grandma Ali has a friend.
His name is Fred.



Sometimes he gets sick. He sees
strange things and hears strange
voices in his head.





He walks around the lake with
friends



He goes to bed early and gets a
good night's sleep.



He takes two pills and eats some chocolate.



Take asks if he can have pills.
Grandma Ali says, "NO. People should only take pills when a doctor tells them to."



She says, "You can have some chocolate."

"Thank you," says Jake.

DEPRESSION



by Professor Jake, aged 5



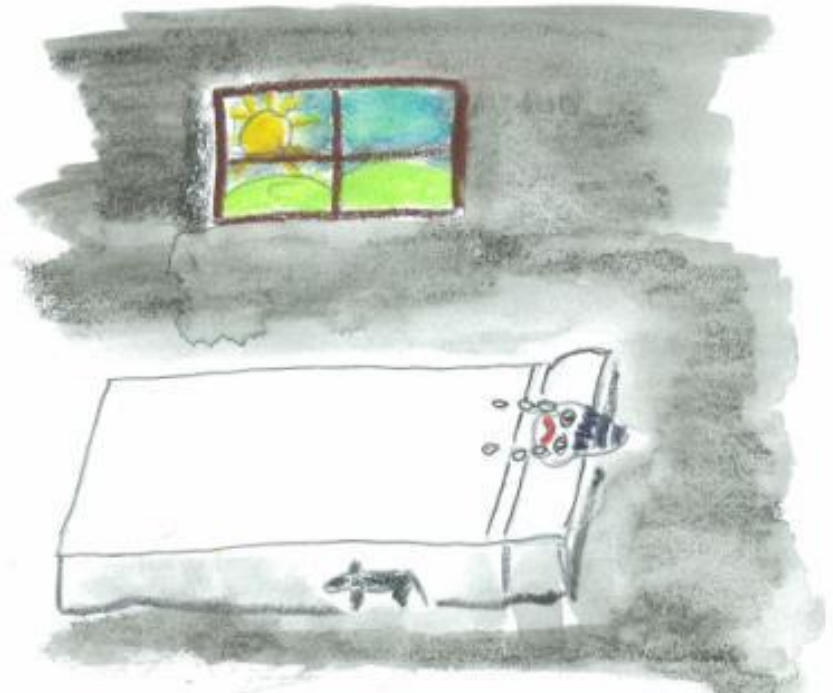
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Take has a friend



His name is Steve

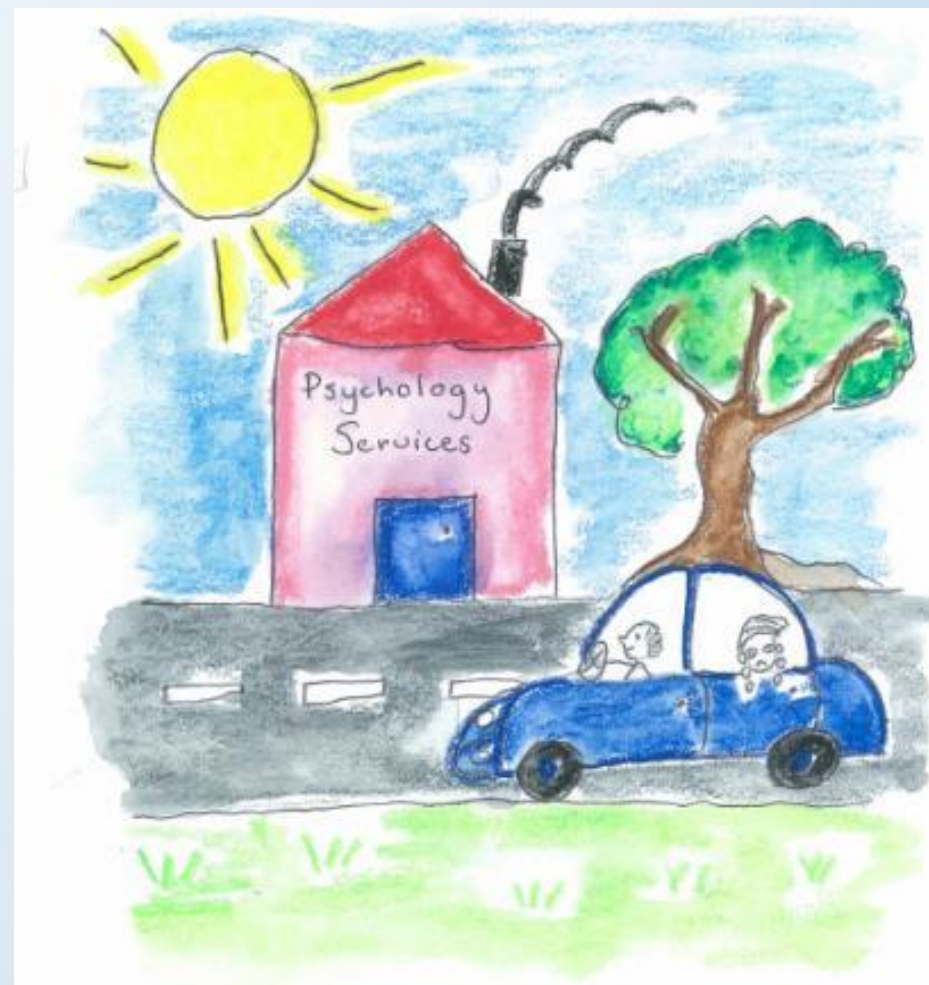
Steve is sad.



He doesn't want to go
out to play



Everyday Steve gets
sadder



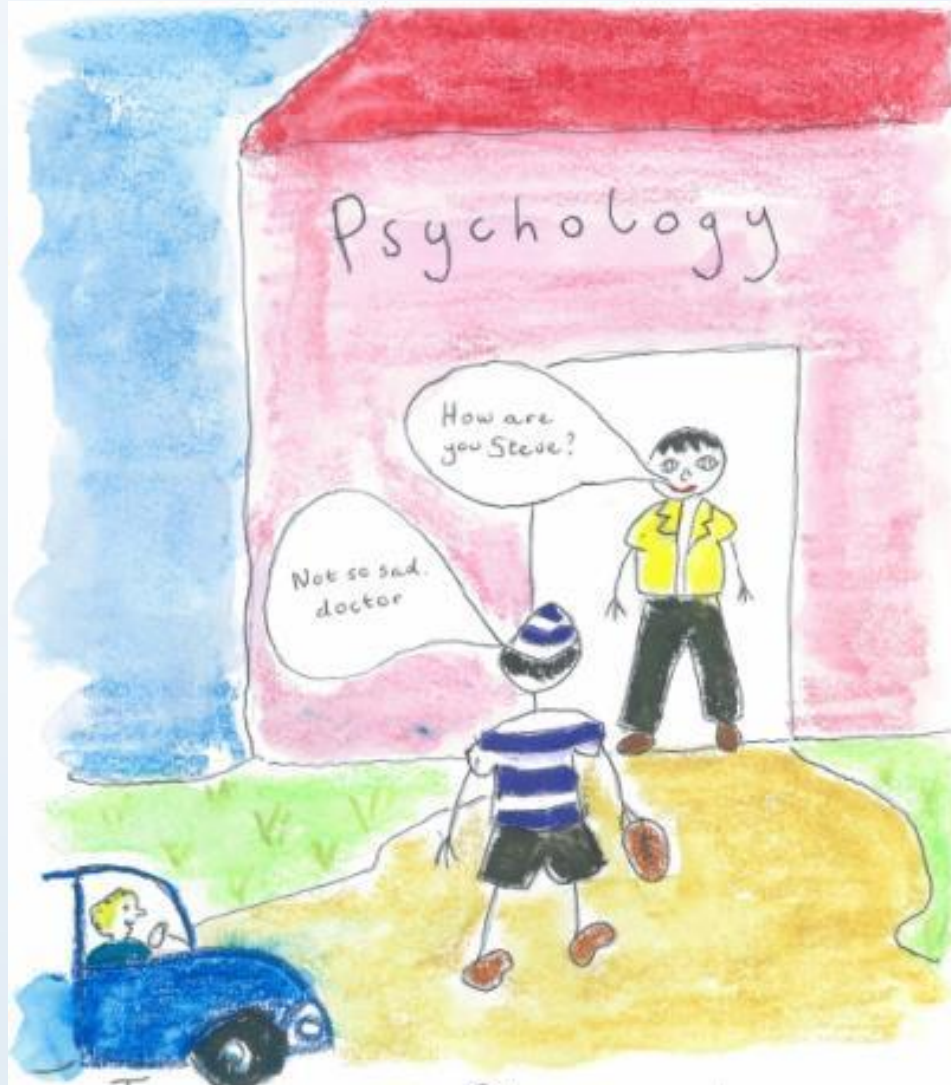
Jake tells his mum.
She tells Steve's mum who takes
Steve to a doctor.



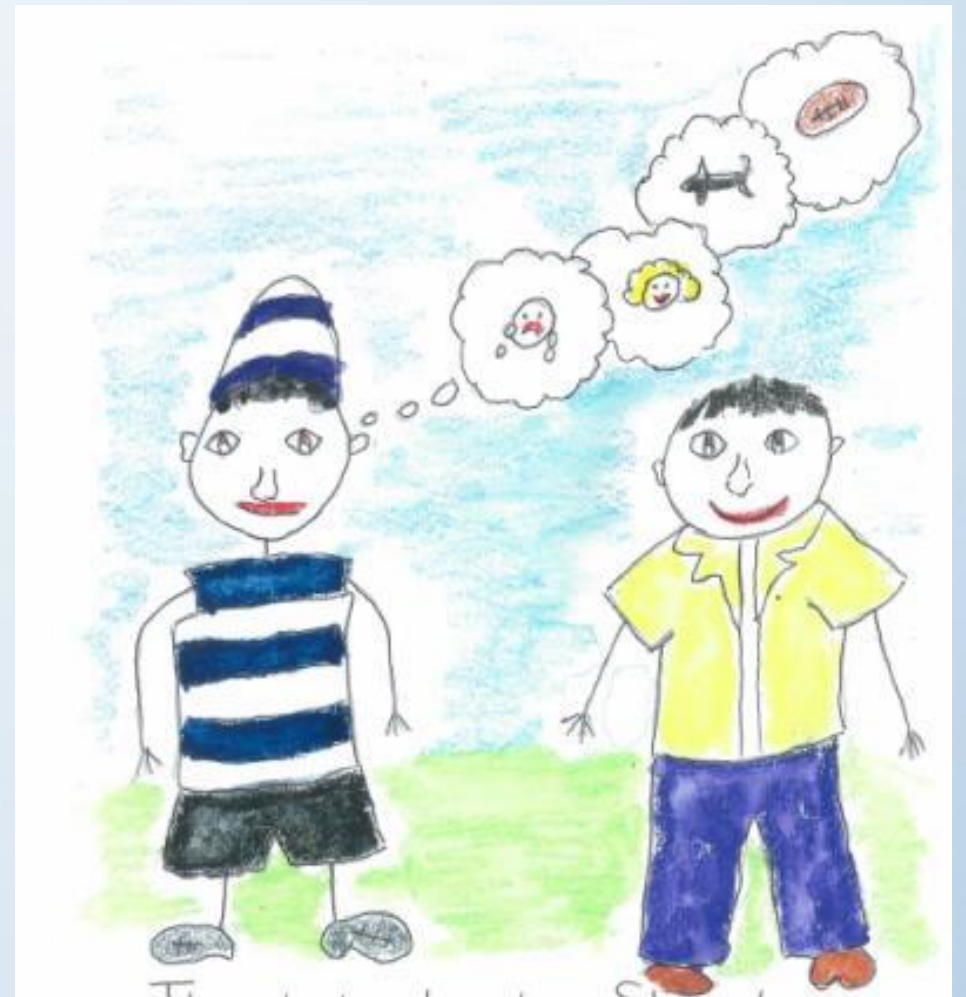
Steve tells the doctor how he feels.
Talking helps him feel better.



The doctor tells him to go to bed
early and to get up early each
day.



The next week Steve goes back to the doctor.



The doctor teaches Steve to let his thoughts pass like clouds in the sky.

Steve is happy. He goes out
to play with Jake and his
black dog.





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POST TRAUMATIC STRESS



by Professor Jake, aged 5



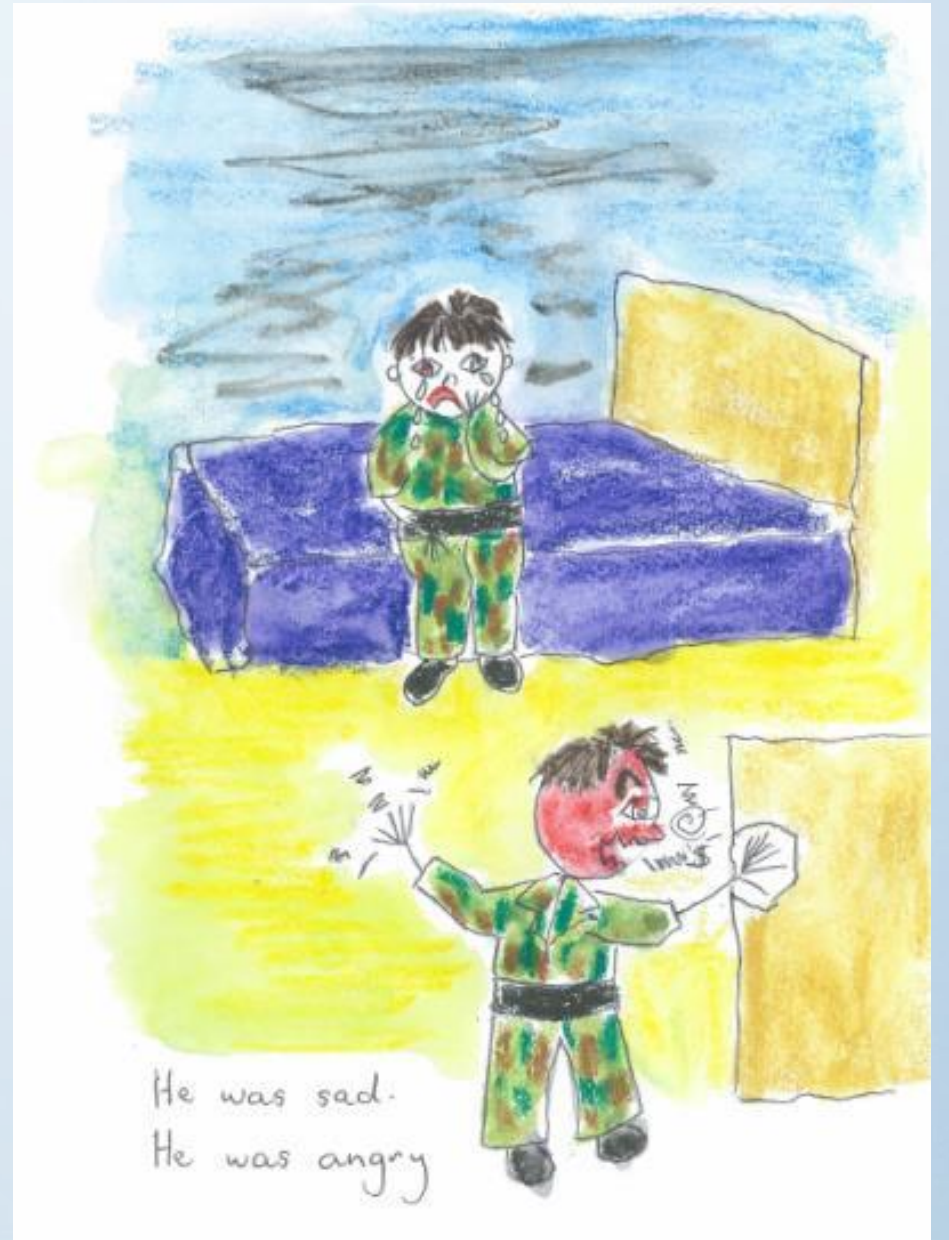
Jake has a friend.
Her name is Anna.



Anna's dad came home from the
war.



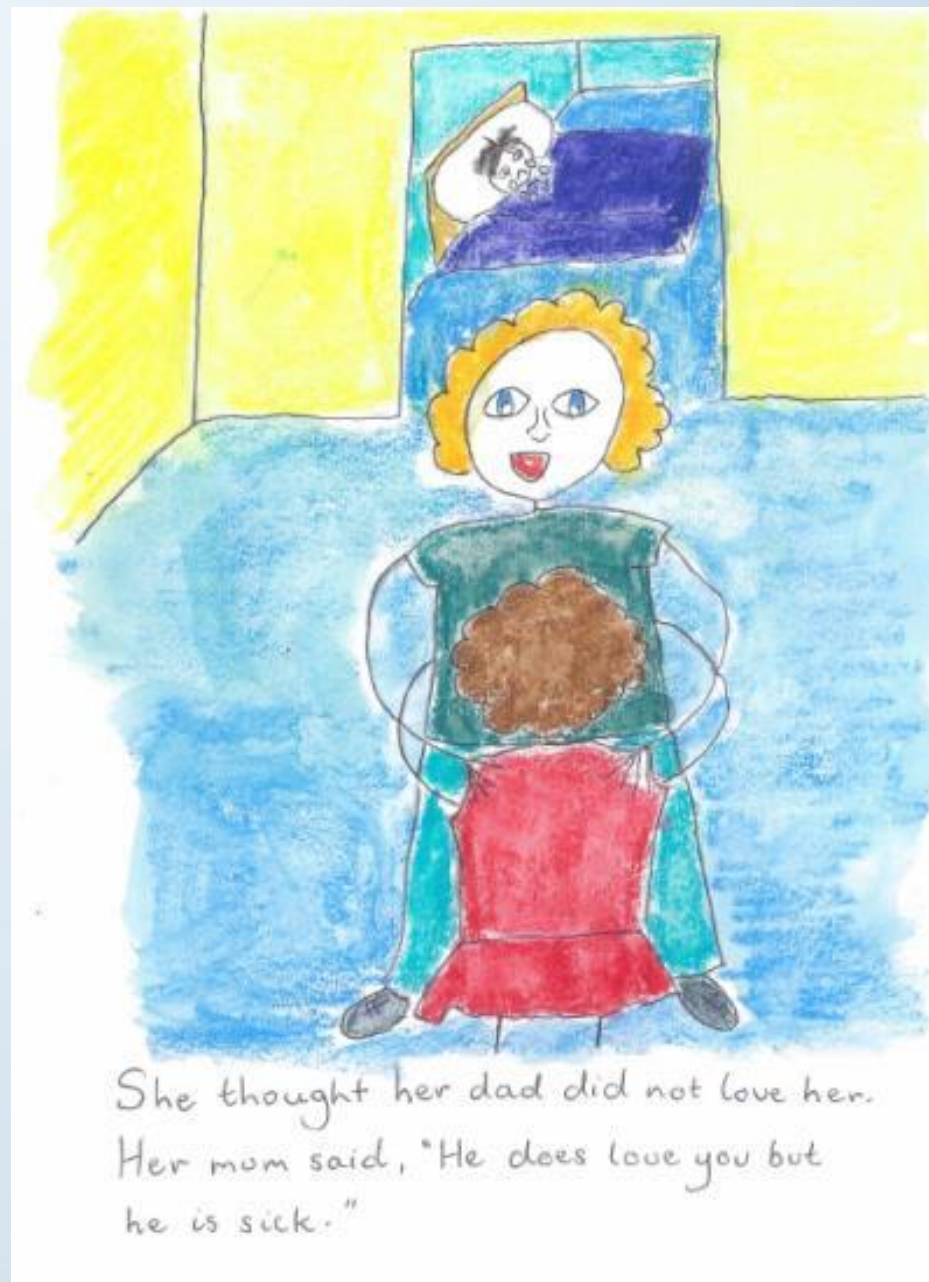
He could not sleep
He had bad dreams.



He was sad.
He was angry



He would not play with Anna.
Anna was sad.



She thought her dad did not love her.
Her mom said, "He does love you but
he is sick."



Anna's dad went to a doctor.
He gave him a pill to help him sleep.
He talked to him about the war.



Anna's mum took Anna to another
doctor.
The doctor let Anna draw.
She felt better.



She took her picture home and
gave it to her dad.

He gave her a kiss and said, 'thank
you, Anna.'



He did a drawing for Anna.

ANXIETY



by Professor Jake,
aged 5



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Jake has a new girl next door.
Her name is Kate.
She has come to live with her father.



Jake goes to visit her.
He knocks on the door.



She is worried and dizzy and her heart beats fast.
She is too scared to go outside



Jake tells her that the playground is fun. Kate is still frightened.
He gets her to take deep breaths and to relax.



He holds her hand and they walk slowly
out the door.



They get to the playground.
Jake gives Kate a little swing.



They go home and watch TV.



The next day Jake takes Kate on more swings and slides. She starts to lose her fear and enjoy herself.

THE END