

Recommendation “Was ist bloß mit Mama los?”

Karen Glistrups book „Was ist bloß mit Mama los?“ is not only a book for children whose parents are affected by mental illnesses, but also for every child in school. Children should know that there are such things as depression and anxiety and that every person can come in a situation in which he or she has to deal with stress and might be unable to cope. Furthermore children have to know that there are different ways to deal with that and that there is help. One very important fact for children with mentally ill relatives is that the child is never the problem and the child is never to blame for the situation. The book is a very good base to bring up the topic with children. It can be used in psychotherapy, as well as in educational settings. Above all the book has a lot of useful information for adults to learn more about emotional distress and mental health difficulties.

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