

What Happens Next

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A handbook for parents, caregivers and family/whanau of young people who have a mental illness.

Introduction by Wendy Lyons.

"I have written this because, at the time of my daughter's illness, there was no handbook like this available for parents, caregivers or other family/whanau members. The start of her bipolar disorder was sudden, and we were all plunged into a world of distress, fear and uncertainty. While the right help was available for our daughter, our family was left trying to understand our own reactions to it, which rapidly became overwhelming. What I felt I needed most at that time was both information about her illness and reassurance that my strong feelings were normal.

I am hoping this book will provide you with helpful information, encouragement and ideas about ways to cope and find real support. As I learned, unless you have some help and support yourself, it is almost impossible for you to provide effective support for your unwell young person.

