



Siblings Support Resources

Websites

The Sibling Support Project (USA) www.siblingsupport.org

This is a national effort from US dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns.

Rethink Mental Illness' Siblings Network (UK) www.rethink.org/siblings/

Rethink Mental Illness' network is for the brothers and sisters of people affected by mental illness. Get information and advice, read sibling stories, join a support group, and find support as a young sibling, adult sibling, parent or professional.

Impact of Mental Illness On Well Siblings: A Sea of Confusion (USA)

http://www.namigc.org/content/fact_sheets/familyinfo/web-%20siblings0304.htm

This is a fact sheet from NAMI (National Alliance on Mental Illness) on the impact of having a sibling with a mental illness and includes coping strategies.

FAQ from Brothers and Sisters of People with Schizophrenia

<http://www.schizophrenia.com/family/FAQsibs.htm>

This webpage offers frequently asked questions from siblings of people living with schizophrenia. There are answers to many questions including planning for the future, how to cope, etc.

"WELL SIBLING" SYNDROME: SIBLINGS OF THE CHILDREN WITH SEVERE MENTAL ILLNESS

<http://www.schizophrenia.com/sznews/archives/005118.html>

This is an article/audio on the effects of having a sibling with schizophrenia. It offers tips and a list of recommended books on the topic.

Coping Tips for Siblings and Adult Children of Persons with Mental Illness

http://www.nami.org/Content/ContentGroups/Helpline1/Coping_Tips_for_Siblings_and_Adult_Children_of_Persons_with_Mental_Illness.htm

This site offers tips and strategies for siblings of people with mental illness.

Autism and Away (Blog)

www.autismandaway.com

This is a blog by a sibling of a youth with autism, for other siblings to read and connect with each other to offer support and understanding for siblings of young people living with autism.

Workbooks

'My Brother/Sister Has a Mental Illness: A Guide for Young People Aged 11-16'

<http://teenmentalhealth.org/resources/entries/siblings-youth/>

'My Brother/Sister Has a Mental Illness: A Guide for Young People Aged 17-24'

<http://teenmentalhealth.org/resources/entries/siblings-young-adults/>

These two workbooks are for 11-16 and 17-24 year olds respectively. It aims to provide a better understanding of mental health issues in their siblings, dispel mental illness myths, provide insights, etc.

Kids Can Cope: Parenting Resilient Children at Home and at School

www.psychologyfoundation.org/pdf/publications/ResilienceChildrenBooklet.pdf

When Your Brother or Sister is Sick with Psychosis <http://www.heretohelp.bc.ca/publications/factsheets/sibling-psychosis>

Information for siblings of youth who have experienced psychosis. Easy to understand insights specifically for siblings, plus a PDF and other resources for with more information

Someone in my family has a Mental Illness http://www.parentalmentalillness.org/Mental_Illness_Workbook.pdf

This booklet aims to support families in educating young children when a family member has mental health challenges. It is very helpful for children and youth to better understand mental health challenges.

Books & Videos

Growing Up Resilient: Ways to Build Resilience in Children and Youth (2007)

Tatyana Barankin & Nazilla Khanlou |

www.camh.net/Publications/Resources_for_Professionals/Growing_Resilient/index.html

Two mental health professionals discuss resilience and factors affecting resilience in children. Awarded the Curriculum Services Canada's Seal of Quality.

Divided Minds: Twin Sisters and Their Journey Through Schizophrenia

http://www.amazon.com/exec/obidos/tg/detail/-/0312320647/qid=1122912030/sr=8-1/ref=sr_8_xs_ap_i1_xgl14?v=glance

A true story of twins who grew up in the 1950's, one living with schizophrenia and the challenges they overcame together.

A Burden to Be Well: Sisters and Brothers of the Mentally Ill

<http://americanradioworks.publicradio.org/features/siblings/>

An article and audio sharing stories of siblings of people with mental illness.

Support Services

Kelty Mental Health Resource Centre

(604) 875-2084 ▪ 1-800-665-1822 ▪ <http://keltymentalhealth.ca>

A provincial information centre that helps BC children, youth and their families find resources dealing with mental health and substance use issues.

FORCE Society for Kids Mental Health

604-878-3400 ▪ 1-(855) 878-8004 ▪ <http://www.forcesociety.com/>

The FORCE Society offers Advocacy and Support through Parent and Youth in Residences (PiR/YiR) across BC.

Youth in BC

(604) 872-3311 ▪ 1-866-661-3311 (Lower Mainland & Sunshine Coast) ▪ 1-800-SUICIDE (BC) ▪ youthinbc.com

A 24/7 online and phone crisis chat service for youth. Website also provides information, stress exercises, and a blog.

Prepared by the Kelty Mental Health Resource Centre & the FORCE Society for Kids Mental Health

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<http://keltymentalhealth.ca> | 604-875-2084 or Toll Free: 1-800-665-1822 | Email: keltycentre@bcmhs.bc.ca

www.forcesociety.com | 604-878-3400 | 1-(855) 878-8004 | Email: theforce@forcesociety.com