



Gefördert durch die

**Aktion
MENSCH**

What is mental illness, anyway?

A description – not just for children:

“Some people feel sad and depressed for a long period of time, without being able to say why. They have no hope for the future or for anything around them. What’s more, they don’t like themselves. Some feel so weak and lacking in energy that they spend much of their time lying down and are hardly able to do their daily work.

Some other people are the exact opposite: They are wound-up and overactive for days on end, and hardly sleep at all. They may also get on other people’s nerves with their constant high spirits.

And then there are people who are confused because, for example, they hear voices that no one else can hear. Or they see things that aren’t there. Some are also afraid that other people can read their minds.

They find it hard to tell the difference between what is happening in their head and what is happening in reality. It’s almost as if they live in a different world....”

(Extract from “Sonnige Traurigtage”, a book for children by Schirin Homeier)



Deutscher Kinderschutzbund

Ortsverband Lüdenscheid e.V.



**A group offering
for children
of mentally ill parents**

Supported by the network
“Kinder psychisch kranker Eltern”
 (“Children of Mentally Ill Parents”)



die lobby für kinder

Ortsverband Lüdenscheid e.V.

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58509 Lüdenscheid
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It can happen in any family:

Father or mother suffers from psychological stress, becomes mentally or emotionally ill. In many cases, medical treatment is required.



All parents only want the best for their children! But it also happens that they can't always give their children all the attention they need as their own emotional stress or illness robs them of too much of their strength. And sometimes, the other parent is not able to make up for the deficit.








In situations of this kind, children simply don't understand what's going on. What's wrong with Mummy or Daddy? Their questions often go unanswered. Their emotions are all topsy-turvy: fear, love, anger, concern for the parent, feelings of guilt. Children want to help, but don't know how...

Children are much better able to handle the mental or emotional problems of a parent if they can be given support and advice themselves...







The Schatz[insel]

Gives children the chance for some time-out; it offers support and assistance, plus lots of room to play and have fun.

The group helps the children:

-  It enables them to learn that they aren't alone with their problems
-  To recognize and express their own feelings
-  To show what they have in them
-  To understand what's wrong with their parents
-  To worry a little less
-  To find some relief
-  To discover that they have a right to have fun, despite the difficult situation

What the kids can look forward to:

-  **Playing together**
-  **Excursions**
-  **Information and explanations they can understand**
-  **Learning to deal with their own feelings**
-  **Recognizing their own strengths and valuing them as a treasure**
-  **Experiencing adventures**



The group offering is held in the form of a course over a period of 9 to 12 weeks.

Place: Kinderschutzbund e.V.
Ortsverband Lüdenscheid,
Jahnstraße 15, 58509 Lüdenscheid

Time: Wednesday afternoons

Age: Children of primary school age

Group size: 8 children

Participation: Voluntary and free of charge.

Contact and further information:
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