

Foreword

Sometimes we get sick. We can all be physically ill – but, it is also possible to be ill in the mind. And this is what we call mental illnesses.

When you have a mental illness, you are not quite yourself. Mental illness is not easy to understand – it is especially difficult for children when an adult in their life is suffering from one. “Why is my mother crying all the time?” “Why is my dad in bed all day?” Many children even think that it is their fault.

Anxiety and depression are the most well-known mental illnesses. In Denmark as well as in Australia where I was born, these illnesses are widespread. It is estimated that one in five families are affected. This means that every child knows an adult who has a mental illness – either in their own family or in their friends’ families. The best way of supporting these children is by making sure they know something about mental illness.

Wars, catastrophes, and life as a refugee can also harm the human psyche. This type of mental illness is called trauma. Trauma is also very difficult for children to understand.

This book ‘talk about it...’ is informative and very helpful. The illustrations and text discuss issues that might seem difficult to share with children. The book is also a tool that makes it easier for us to talk about our thoughts and feelings – and this, is so important for both children and adults.

Crown Princess Mary

HRH Crown Princess Mary is the patron of the Danish Mental Health Fund and the Danish Association for Mental Health.

