

# Thinking about questions and answers

The following are suggestions that can help you to start to think about the questions that your child may ask you about your mental illness, and how you will respond to them.

<i>What I will cover/talk about</i>	<i>Questions I might be asked by my child</i>	<i>How I will answer these questions</i>
<i>E.g. my diagnosis and symptoms.</i>	<i>E.g. can you catch it like a cold?</i>	<p><i>E.g. you can't 'catch' mental illness. There's no easy answer about what causes it. It's different for everyone, but usually it's caused by a combination of lots of things, like:</i></p> <ul style="list-style-type: none"> <li><i>• Too much or too little of a chemical in the brain.</i></li> <li><i>• Stressful or traumatic life events, or family background.</i></li> <li><i>• Lots of extra stress and worries.</i></li> <li><i>• Physical or social problems.</i></li> <li><i>• Being very upset for a long period of time.</i></li> </ul>
<i>E.g. stigma about mental illness.</i>	<i>E.g. why do people act differently towards us?</i>	<p><i>E.g. explain that some people might have negative attitudes to mental illness because of a lack of understanding and awareness.</i></p> <p><i>Encourage your child to be open with you about any worries they have about mental illness.</i></p> <p><i>It might help them to connect with other young people who are in the same situation.</i></p>
<i>E.g. what's happening with me right now?</i>	<i>E.g. will you die? Will you get better? Are you and Mum/Dad going to stay together?</i>	<p>.....</p> <p>.....</p> <p>.....</p>
<i>E.g. what I'm doing about it.</i>	<i>E.g. will the tablets fix it?</i>	<p>.....</p> <p>.....</p> <p>.....</p>

*What I will cover/talk about*

*Questions I might be asked by my child*

*How I will answer these questions*

<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>