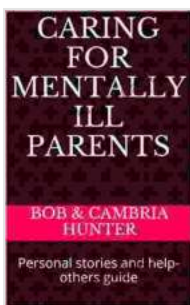


Caring for Mentally Ill Parents: A Comprehensive Guide for Adult Children

Caring for a parent with a mental illness can be a challenging and overwhelming experience. Adult children often find themselves struggling to cope with the emotional and practical demands of caring for a loved one who is struggling with a mental illness.



Caring for Mentally Ill Parents: Personal stories and help-others guide by Cat McGill

★★★★☆ 4.6 out of 5

Language	: English
File size	: 616 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 63 pages
Lending	: Enabled



This book provides practical advice and support on how to navigate the challenges of caring for a loved one with a mental illness. It covers a wide range of topics, including:

- Understanding mental illness
- Communicating with your parent
- Managing your own emotions

- Finding support
- Making decisions about care

This book is an essential resource for anyone who is caring for a parent with a mental illness. It provides practical advice and support on how to navigate the challenges of caring for a loved one with a mental illness.

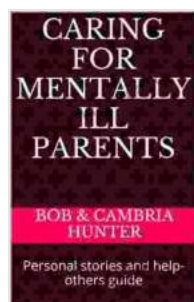
About the Author

The author of this book is a licensed clinical social worker who has over 20 years of experience working with families who are caring for loved ones with mental illness. She has a deep understanding of the challenges that families face and is committed to providing support and guidance to those who are caring for a loved one with a mental illness.

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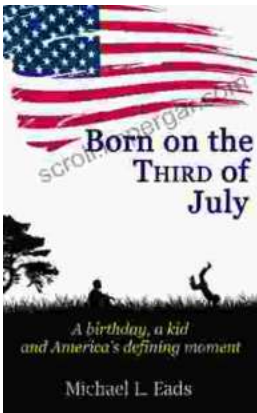
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