



Titre : Can I Catch it like a cold ?

Auteur : Gretchen Kelbaugh
Coral nault

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Résumé/verso

Children living with a parent who is depressed often have important and unanswered questions.

Why is Dad acting the way he does? Will Mom get better? Will it happen to me? Is it my fault?

Can I Catch It Like a Cold? tells the story of Alex and his struggle to understand his father's depression. This engaging, educational resource answers the key questions children have about depression, offering a starting point for a discussion about the disorder.

« *Children will feel less confused, alone, and frightened after discussing Can I Catch It Like a Cold? with a trusted adult. This is an excellent resource, providing the perfect antidote to the "virus" of shame and stigma that surrounds mental illness in families. It should be on the bookshelf of anyone helping kids cope with depression in their family.* » **Dr. Marshall Korenblum, FRCP (C) – Psychiatrist-in-chief, Hincks-Dellcrest Centre for Children, Associate Professor, Division of Psychiatry, University of Toronto**

Written for children aged 5 to 9 years old, *Can I Catch It Like a Cold?* is for use by parents, extended family, teachers and mental health professionals who want to address the impact of depression in children's lives.

Can I Catch It Like a Cold? has been written in response to research at the Centre for Addiction and Mental Health – research that has determined the most common questions children have about depression. The story for this clinically grounded resource is written by **Gretchen Kelbaugh**. The book is illustrated by **Coral Nault**, the award-winning illustrator of *Catch a Falling Star*, a storybook that helps children and adults overcome their fear of mental illness.

« *Can I Catch It Like a Cold? gives a child the knowledge he so she needs to open up discussion about depression, dispelling many of the fears a child might have. I only wish that this story had been available for my own children 12 years ago when I first suffered with depression.* » **Pauline Head, a parent**