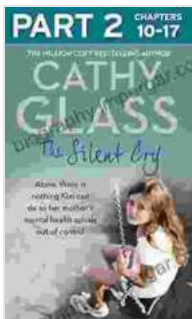


# There Is Little Kim Can Do As Her Mother Mental Health Spirals Out Of Control

Kim is a young girl who is struggling to cope with her mother's mental illness. Her mother has been diagnosed with bipolar disorder, and her symptoms are becoming increasingly severe. Kim's mother is often depressed and withdrawn, and she has difficulty holding a job. She also has frequent mood swings and outbursts of anger. Kim is afraid of her mother when she is angry, and she often feels like she is walking on eggshells around her.



## The Silent Cry: Part 2 of 3: There is little Kim can do as her mother's mental health spirals out of control

by Cathy Glass

★★★★☆ 4.5 out of 5

Language : English  
File size : 1484 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 88 pages  
Screen Reader : Supported



Kim's mother's illness has taken a toll on her entire family. Kim's father is constantly worried about his wife, and he often has to take time off work to care for her. Kim's younger brother is also affected by his mother's illness, and he often acts out in school.

Kim feels like she is all alone in dealing with her mother's illness. She doesn't know who to talk to, and she feels like she can't burden her friends with her problems. She is also afraid that if she tells anyone about her mother's illness, they will think that she is crazy.

But Kim is not alone. There are people who care about her and want to help her. With the help of a therapist, Kim learns how to cope with her mother's illness and how to take care of herself. She also learns that she is not alone, and that there are other people who are going through similar experiences.

Kim's story is a reminder that mental illness is a serious issue that can affect anyone. It is important to seek help if you or someone you know is struggling with mental illness. There is help available, and you are not alone.

### **Warning signs of mental illness**

- Changes in mood, behavior, or thinking
- Difficulty sleeping or concentrating
- Increased anxiety or worry
- Changes in appetite or weight
- Substance abuse
- Thoughts of harming oneself or others

**If you or someone you know is struggling with mental illness, there is help available. Contact a mental health professional or call the National Suicide Prevention Lifeline at 1-800-273-8255.**

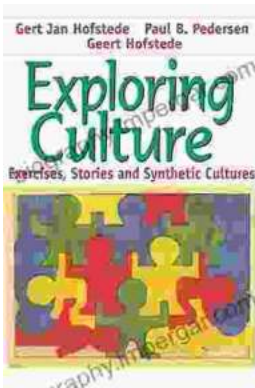


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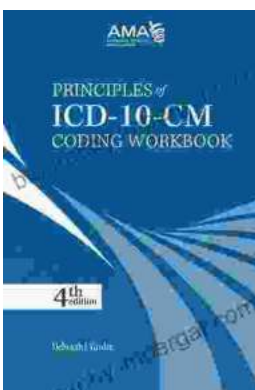
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