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To whom it may concern,

As a psychologist working systemically with children in Out-of-Home-Care, I am frequently exposed to the significant personal damage and subsequent costs that results from childhood trauma and neglect. I am also frequently frustrated that prevention is much easier than repair, yet is rarely where the funding sits.

When I received a copy of Annie and Trevor Boulton's book "How to Stay Sane in a Crazy World" I was buoyed by the simplistic yet comprehensive information it contains. This book covers the core factors related to meeting a child's needs and protecting mental health. What's better is that it is not written with jargon or technical terminology that alienates or confuses people, but rather has a clear and easy to read format with great images to help get the message across.

Much of the content reflects basic parenting responsibilities, so the necessity of such a book could easily be questioned due to expectations that this information is well known by parents, having been handed down from previous generations. However, what I have come to realise is that there is a high proportion of parents that have missed out on learning at least some of these core concepts, and that what would have been considered common knowledge a few generations ago, is no longer the case.

I am regularly in contact with people (parents, other caregivers, professionals) instrumental in a child's future, who have limited understanding of what good mental health involves or of the fundamental protective factors to prevent poor mental health. This parenting skill/information deficit is recognised by various colleagues I consult with and they often voice a similar frustration at the lack of preventative options available.

Education is recognised as a key preventative measure. I strongly feel that this book is a valuable educational resource, and that making it available to as many people as possible would improve mental health and wellbeing, especially for our youth. This book is particularly ideal for new and prospective parents, and yet is equally valuable as a self-help tool. I am not alone in my enthusiasm for this book, as I have shared it with a range of colleagues (clinicians, parents/caregivers, teenagers, general practitioners, psychiatrist) and received only positive responses and requests for copies.

I thoroughly endorse this book as a mental health resource, and recommend it being funded and widely distributed.



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