



## **What We Didn't Say: A struggle - parenting children with mental illness - is finally shared**

From [Robin Herman, Children's Mental Health Network](#):

I'd seek out my friend — standing in the crush at the edges of the P-rade — the one classmate I could talk to each year at Reunions who would understand. We'd turn our backs to the line of marchers and whisper under a tree the latest updates about our young-adult kids. I'd tell him how my daughter, at the mercy of dark moods, periodically would overdose on prescription medications and how my son had suffered an unexplained breakdown at college. Some days my son couldn't get out of bed, yet he had resisted engaging in treatment. My friend would tell me about hospitalizing his son to pry the young man away from the grip of alcoholism and underlying depression.

We'd been meeting discreetly like this for nearly a decade, since the first hints of our kids' troubles, whispering our fears, our desperation, our sympathies, and then leaving one another with a big hug and hopes for a better year ahead.

[Read the full article](#)