

Author talks about daughter's struggle with mental illness

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In its pages are 10 year's worth of highs and lows — trials Susan Inman hopes she can help others with.

"I just decided I was not going to be one of the people in the shadows," Susan Inman said.

When her daughter was diagnosed with bipolar disorder, Inman wanted to hear parents' accounts of their experience. She couldn't find any. There was a silence within the community, a void in which parents with children with mental illness ponder if, in any way, this was their fault, she said.

"Most of us don't understand serious

mental illness," Inman said.

Her book *After Her Brain Broke: Helping My Daughter Regain Her Sanity*, which details her daughter's schizoaffective disorder and her family's struggle to help her, was published this March. Since then, Inman has heard from many people whom have been through similar experiences.

"I think there are a lot of common aspects (shared between families whom have members with mental illness)," she said.

On Wednesday, April 28,

Inman will share her experience with North Shore residents. Organized by the North Shore Schizophrenia Society, Inman is hosting a free public lecture at Lions Gate Hospital Auditorium.

Inman learned a lot as she worked her way through different healthcare providers, the society's executive director Cheryl Olney said. The first-person account could aid people dealing with similar situations, she said.

The presentation starts at 7:30 p.m. For more information call 604-926-0856 or visit www.northshoreschizophrenia.org.

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