

# MEDIA KIT



**CHRIS  
WEVER**

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Helping children understand mental health problem through fun and easy to understand cartoon books.

**2022**

# ABOUT CHRIS

**Dr Chris Wever is a child and adolescent psychiatrist in clinical practice on the Gold Coast, AUS. He is the author of 5 books for children with mental health problems. He is also a presenter at conferences, workshops and support groups for parents and children.**

**Chris has been in clinical practice for over 30 years and has a wealth of experience in care of children and adolescents with mental health problems.**

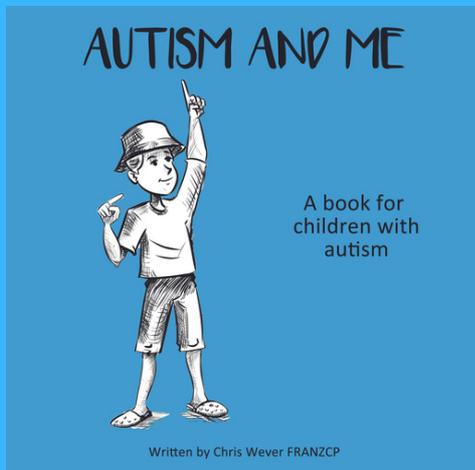
**Chris has also written articles in scientific journals and published detailed treatment guidelines for general practitioners in the national**



**magazine, *Australian Doctor*. He has also written chapters for textbooks on child psychiatry and frequently speaks at conferences for clinicians and educators.**

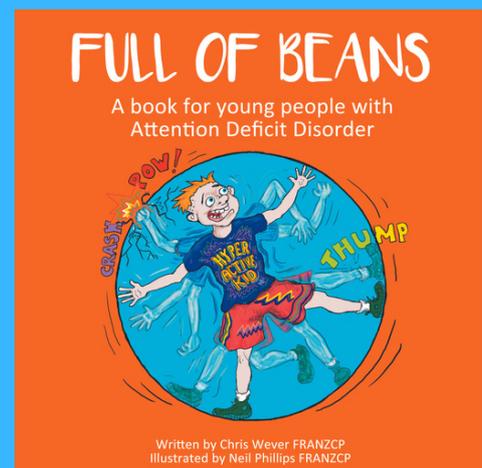
**His straightforward and accurate way of thinking about childhood mental health problems is an essential part of his approach throughout all of his books.**

# BOOK BIO

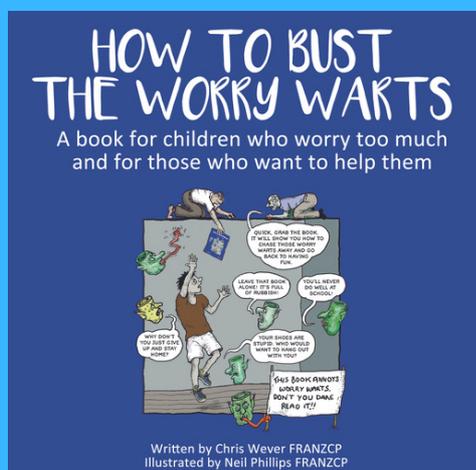


Autism and Me explores some of the difficulties that a young person with ASD may encounter and helps to make them aware of their differences so they can embrace them and learn skills to cope with life's challenges,

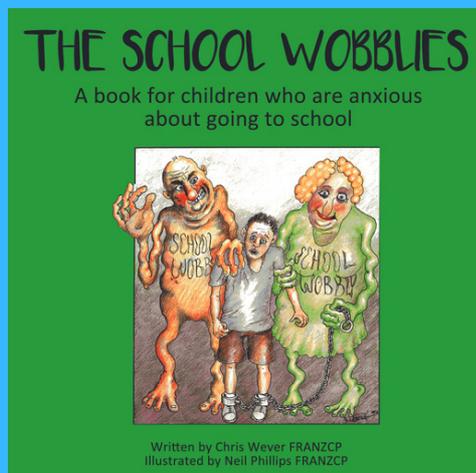
Children with Attention Deficit Hyperactivity Disorder (ADHD) find the demands of modern life of sitting still, concentrating for long periods, no fidgeting, and restraining impulsivity very hard. Full of Beans is a book for children with ADHD to help them, their families and friends understand and cope with their difficulties.



This book is to help children who experience unnecessary, exaggerated, and often terrifying worries. The worries are portrayed as 'Worry Warts' who float around making mischief. This book teaches children to challenge the 'Worry Warts' and helps them get back to normal activities.

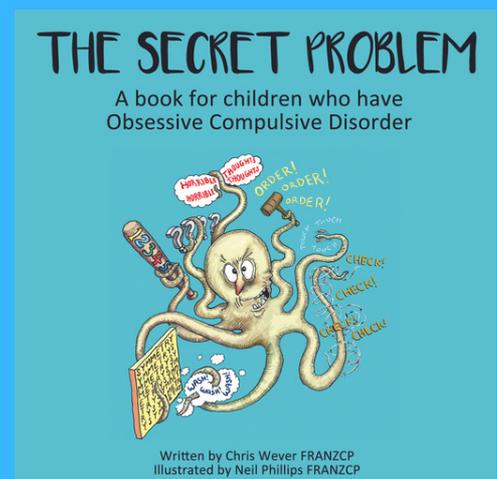


# BOOK BIO



Some children find it extremely hard to go to school because it makes them very anxious. **The School Wobblies** helps children, families, and professionals understand the anxiety children suffer from going to school and ways on managing it.

Between one to two percent of children have OCD. It is often hidden and kept a secret. This book explains OCD so a child and their family can understand and challenge it early rather than keeping it hidden and suffering in silence.



# TARGET AUDIENCE

Chris' books are targeted to children and adolescents who struggle with mental health issues and their parents to raise awareness and provide help and support to these families to be able to better understand their mental illness.

His books are an excellent resource for schools, parents, support groups, mental health workers, and public libraries to have and share with young people.

# BOOK BENEFITS

Each of Chris' books were written to help and educate young people in the understanding of different mental health issues, how to help people in their life with these mental health issues, or how to understand themselves if they have their own mental health issues.



# CELEBRITY TESTOMONIAL



*Autistic children often have difficulty explaining the world from their perspective and why their behaviour and abilities are different to their peers. This engaging and beautifully illustrated book describes the key characteristics of autism and their effect on everyday life of a primary school child. The text was written by a child psychiatrist who has an intuitive understanding of autism and extensive clinical experience. I highly recommend 'Autism and Me' for parents, extended family and teachers.*

— Professor Tony Attwood,  
Autism Expert

# AUTISM AND ME TESTOMONIALS

*Autism and Me is a wonderful book for parents and clinicians alike to help young children understand the Autism Spectrum. It is a useful tool to open up discussion with young people about what Autism is and what it is like for them. It helps children understand others on the spectrum such as extended family and siblings. Dr. Chris Wever has used his years of experience as a child psychiatrist working with children on the Autism Spectrum to describe and illustrate the many traits and characteristics that are important to these amazing kids. We use his books at our clinic all the time. I can't recommend it enough!*

— Dr Michelle Wright,  
Clinical Psychologist and Director, Head on Health  
B Psych Hons PhD Clin Psych

*This book has become an invaluable resource in assisting me in engaging with children with a new or suspected diagnosis of Autism Spectrum Disorder. The gentle, and age-appropriate approach of this book is essential in providing a safe way to speak to children about their diagnosis. Families, and older generations, also find it to be a helpful tool to better understand and conceptualise this complex condition.*

— Dr Glen Craig,  
Child and Adolescent Psychiatrist

# AUTISM AND ME TESTOMONIALS

*As I work with children who have autism, I was provided with a copy to read and give my honest opinion. What a wonderful resource to help children understand what autism is and means for them. The book covers the behaviours and emotions, followed by creating an understanding of the diagnosis, and ends with a focus on autism as a superpower. It is a child-friendly approach to help parents open a conversation.*

—Kerry Marsh,  
Child Psychologist

*Children with ASD struggle to understand why they are different. This often leads to self-stigmatisation with resulting anxiety and depression in young people growing up with ASD. In "Autism and me" cleverly explains in language that is very readable some of the differences that children with ASD might notice about themselves. Dr Wever's message of hope and a better path going forward enables children to understand themselves and their feelings and accept the many challenges and opportunities that come with having ASD. Autism and me has rich and delightful illustrations to accompany the informative story.*

— Professor James Scott,  
Head of Child and Youth Mental Health Research  
QIMR Berghofer Medical Research Institute

# AUTISM AND ME TESTOMONIALS

*So impressed with these books which deal with mental health issues in young people. For someone who has been teaching nearly 40 years, I can confidently say that I have not come across a set of books that have been written in a style so suitable for young children. Congratulations Dr Chris Wever for a wonderful read!*

—Aileen Burke,  
Teacher

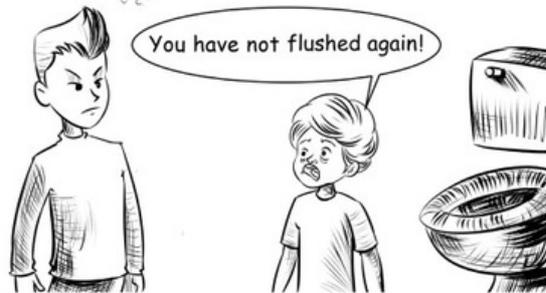
*Chris's book is a wonderful summation of experiences shared by children with Autism. It's a great resource for individuals and families who are new to the spectrum in gaining insight into the strengths Autism brings and challenges often shared. Also a great resource to help others understand more about the spectrum, I can see it being used in classroom settings to help students have a greater understanding of one another.*

—Shannan Connell,  
Psychologist

# BOOK EXCERPTS



At home, I find some noises annoying. If someone is vacuuming the house or mowing the lawns, I cover my ears because the noise hurts them.



I sometimes don't even flush the toilet because it's too noisy. This makes my family pretty mad, too.

**Autism and Me, p8.**

But these days, in places like schools, kids need to keep still and concentrate on one thing for a long time.

Full-of-beans kids find this really hard. They naturally like to get up and do other things, get distracted, or maybe even daydream.

This gets teachers pretty mad.



**Full Of Beans, p6.**



# INTERVIEW QUESTIONS

1. What inspired you to write these books?
2. What are the most common mental health issues in children?
3. How many children in the community have Autism Spectrum Disorder?
4. What are some common problems that children with Autism experience?
5. How do you think your book will help children and their parents better manage their mental health challenges?
6. How can we, as a community, help children with mental health issues, or more specifically, children with autism.
7. Did you create the brand of Delphis books?



# CONTACT CHRIS

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