

Strategies for families

- Nurture a positive relationship with the treatment team
- Help the team understand the person with mental illness
- Increase your understanding of mental illness
- Know your mental health care system

Strategies for families:

- Sharpen your stress management skills
- Take time to meet your own needs
- Negotiate with the team regarding confidentiality issues

Strategies for mental health workers:

- Take the time to develop a relationship with the family
- Provide ongoing education regarding mental illness
- Help families enhance their coping skills

Strategies for mental health workers:

- Help family members recognize and meet their own needs
- Help the family appreciate the special characteristics of the person with mental illness
- Manage confidentiality issues

Activities families, consumers and mental health workers need to do together

- Lobby for access to new treatments
- Continue work aimed at destigmatizing mental illness
- Listen to each other
- Be advocates for improved housing, jobs and resources for the mentally ill

What the family should expect from the treatment team:

- They and their family member have the right to be treated with dignity and respect
- Accurate diagnosis, up to date treatments
- Family members, as much as possible, are seen as partners of the treatment team.