

LIVING WITH SERIOUS MENTAL ILLNESS:

SETBACKS, SECRET POWERS, & STABILITY

Thurs, Nov 4th | 7:00-8:30 PM | Online

This panel discussion will provide **insight** into what it means to **live with** serious mental illnesses (SMI) including **schizophrenia**, **borderline personality disorder** and **bipolar disorder** from four speakers with **lived experience**. The aim of this panel discussion is to provide caregivers -- friends, family and significant others -- with a **deeper understanding** of how different SMIs affect a person's daily life and how caregivers can best **support** an ill loved one.

Speakers will discuss living with a serious mental illness through **three main themes**: setbacks, secret powers and stability. Participants will **learn**:

- why setbacks happen and how to **help** a loved one **get through** them
- how to acknowledge and **honour** the unique **gifts** of a loved one with a serious mental illness
- what factors contributed to their stability and how to **help** a loved one to **stabilize**

About the Speakers

All **four speakers** have living experience of an SMI and are now **living** and **thriving** in the community.

There will be an opportunity to ask our speakers questions in a designated Q&A following the panel discussion.

The panel discussion and the **Q&A** will last 1.5hrs in total.

<https://pathwayssmi.org/education/public-education-lecture-series/>

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