

Role of Family in Mental Health Recovery

What Helps	What Hinders
Accepting your relative for who they are in this moment	Refusing to accept your relative - Rejecting, blaming and judging
Treating relative as a whole human being	Seeing relative as a diagnosis
Believe that your relative can recover - HOPE	Feelings of hopelessness and despair
Being Present - listen and support	Avoiding - not knowing how to talk to your relative
Knowing your own Resilience - keep learning and trying	Feelings of Giving-Up, A sense of resignation
Fostering interdependence within family	Fostering dependence and learned helplessness due to over responsibility, over protection and involvement
Giving relative choices and letting go - it is <i>his/her</i> journey	Controlling relative's decisions
Support risk-taking and freedom to fail - Challenge in a Supportive Way	Overprotecting due to fear and guilt
Explore Alternatives and prepare Advance Directives	Coercion and Forced Treatment
Building on their strengths	Focus on problems, weaknesses and limitations
Take care of Yourself	Letting the mental health issue consume your life

