

Recommended Websites:

Grand River Hospital
www.grandriverhospital.on.ca

Family Outreach & Response Program
www.familymentalhealthrecovery.org

Canadian Mental Health Association
Ontario www.ontario.cmha.ca
Waterloo Region www.cmhawrb.on.ca

www.psychosissucks.ca

www.moodswing.org

www.depressionfallout.com

www.suicideinfo.ca

www.mentalhealth.com

www.healthinsite.gov.au

www.helping.apa.org

www.schizophrenia.com

www.depression.com

www.sane.org

www.kidsmentalhealth.ca

www.camh.net

For more information, contact
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pauline.potzold@grhosp.on.ca

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On your journey:

- **Take care of yourself. Make time for things you enjoy.** There will be changes in your day-to-day life, but you should also try to include people and events that make you feel happy and fulfilled. The healthier you are, the more able you will be to help your loved one.
- **Be ready to compromise** in the everyday routine of your home. It is important to support them, not enable them. It is also necessary to ask ourselves what is most important to them and to us. e.g. is it really so important to have the TV turned off and the house tidy, that we must make a huge issue out of it?
- **Learn** as much as you can about mental illness, in particular the condition your family member is diagnosed with. Learn the most effective way to support your loved one. Information is empowering.
- **Be prepared that diagnosis may take some time** as it is most often based upon a history and pattern of symptoms. Diagnosis may also change because symptoms of different diagnoses overlap, or symptoms may become clearer over time.
- **Attend the Family Education Series.** Call the Canadian Mental Health Association for more information. 1-866-448-1603 ext. 240. This is an important step for you. Each member of the F.A.C.E. committee has attended this series of classes and encourages you to attend them as well.
- **Grieve for your losses** and then allow yourself to dream new dreams.
- **Watch out** for signs of depression. Don't delay in getting professional help for yourself when *you* need it.
- **Seek support from other caregivers.** There is great strength in knowing you are not alone.
- **Spend time** with your loved one doing activities or talking about topics not related to the illness in any way. It will help all of you feel the possibility of a return to a more settled lifestyle.
- **Set realistic expectations of what you can do.** Caring for someone takes time and energy. Offer the help you can manage.
- **Have a sense of humour.** Laughter helps put things in a more positive perspective.
- **Remember** that the person you are caring for is not being "difficult" on purpose. His/her behaviour and emotions are distorted by the illness.
- **Accept your feelings.** You will have a lot of mixed feelings that may be confusing and difficult to handle. They are neither good nor bad – they are normal.
- **Trust your instincts.** Most of the time they will lead you in the right direction.
- **Structure your day.** A dependable schedule makes your loved one feel more secure.

*Psychiatric and Mental
Health Program*

Family To Family

WHAT YOU SHOULD KNOW

*Families for Awareness,
Change and Education
FACE*

Information from our families to your family.

Introduction from F.A.C.E.

Your family member is receiving services from the psychiatric and mental health program at Grand River Hospital. You may be under a great deal of stress and may be feeling a range of emotions such as fear, anger, confusion, embarrassment, sadness frustration or disappointment. We have been there too. You are not alone. One in five individuals will experience a mental health issue at some time in their life.

Your loved one will be working through the journey to recovery. We offer this brochure to help you on *your* journey, as a supporter of your family member. It brings a message of *hope*. We have been down this path before you and offer some information to help smooth your way.

F.A.C.E. Committee –
Families for **A**wareness, **C**hange and **E**ducation

Recovery is a journey that helps us gain some control over our lives and our illness by finding our own way to deal with it. Recovery includes hope, encouragement and support. It is also about being honest and learning to take responsibility for yourself.

Privacy Issues:

Due to government regulations regarding privacy, medical information may not be shared without permission from your family member.

Refer to Grand River Hospital Privacy Brochure.

Who is on the Treatment Team?

All staff should be wearing hospital identification, which identifies their name and profession.

The treatment team may include:

- **Psychiatrists** – medical doctors who specialize in the study of psychiatry.
- **Psychologists** – have their doctorate or PHD in the study of psychology.
- **Registered nurses**
- **Registered practical nurses**
- **Social workers**
- **Occupational therapists**
- **Child and youth workers** – In the child and adolescent inpatient unit known as CAIP
- **Educators / teachers** / child and adolescent services
- **Safety assistants** – inpatient unit
- **Students**
- **Addiction counsellors**
- **Pharmacist/dietician**
- **Clerical support staff**

You should feel comfortable to ask, “What is your role in treating my loved one?”

Your important contribution:

You are an important member of the team. Even if the treatment team cannot always share private information with you, you can still help them by sharing information you feel is important for them to know

- Make a point form list of the information you feel is important for the treatment team to know. Include items that may show early signs of mental illness.
- Provide a telephone number and times of the day where you can be reached.
- Provide a list of their health history.
- Inform them of any other family members suffering with mental health issues.
- Keep a journal of medications. Date prescribed. Dosage. If stopped – why?
- Start a journal of important events – continue this even when your family member leaves the hospital. Their recovery is ongoing.
- Be on time for appointments and come prepared with your list of questions, concerns and observations.
- Share a copy of the information you have gathered with members of their treatment team. Always keep the original so that you have a full compliment of information.

Support Groups

- Inpatient Family Group - Ask your primary contact for more information.
- Mood Disorders Association of Waterloo Region
519-884-5455
- Family Education Series
1-866-448-1603 x 240

Contact Information you will need.

Grand River Hospital 519-749-4300

Psychiatrist

Name: Dr _____

GRH extension _____

Primary Contact(s)

Name: _____

GRH extension _____

Name: _____

GRH extension _____

Name: _____

GRH extension _____

Name: _____

GRH extension _____