

# FAMILY OR FRIEND WITH A MENTAL ILLNESS?



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

## Supporting someone with a mental illness.

People with a Mental Illness do not live in isolation. Families and friends play a major role in supporting a person with a Mental Illness. Research shows that adults with a chronic illness do better when they have a strong support system.

The Family Education and Support Workshop uses tools developed by Here to Help B.C. It will provide an overview of mental illness and substance abuse, the main features of illness management, basic communication skills and ideas to help families care for themselves.

[Click here](#) for current workshop dates.