

I am a family member. What can I do?

There are many different ways that a family member can support their loved one's mental health recovery.

It is very helpful to be able to contact his counselors to get advice on how to handle situations in a manner that is beneficial to him.

-Partner of Veteran

TALK TO THE TREATMENT TEAM

Ask your loved one for permission to talk to his/her treatment providers.

- Request information about his/her illness and treatment.
- Request a referral to family services or a support group.
- Share your observations about your relatives with his/her treatment team.
- Call your relative's treatment team if you have a question or concern.
- Attend regular or occasional meetings with your relative's treatment providers.

TAKE CARE OF YOURSELF

- Make time to do things you enjoy
- Make use of supports
- Talk to friends and family

REMEMBER THAT

YOU ARE NOT ALONE

- Connect with other families that have similar experiences.
- Consider attending a support group for family members.
- Consider engaging in family therapy with your loved one.
- Join a VA Caregiver Support Group!

PROVIDE SUPPORT

- Learn about your loved one's condition and its treatment.
- Educate other family members about his/her condition.
- Provide practical supports such as transportation and financial assistance, when you can.
- Maintain a positive, supportive atmosphere at home.
- Make efforts to include your family member in family and social activities.

As a parent of a disabled Vet who has required VA medical center services many times, I have interfaced with provider staff on several occasions. I have found the staff to be very helpful, dedicated, caring and compassionate not only to my Vet but to me as well.

- Father of Veteran



FOR MORE INFORMATION, VISIT:

[http://www.mentalhealth.va.gov/](http://www.mentalhealth.va.gov/families.asp)

[families.asp](http://www.mentalhealth.va.gov/families.asp)

Having the opportunity to meet with my husband's clinicians and participate in his care helped improve our interactions at home and enabled me to be more supportive.

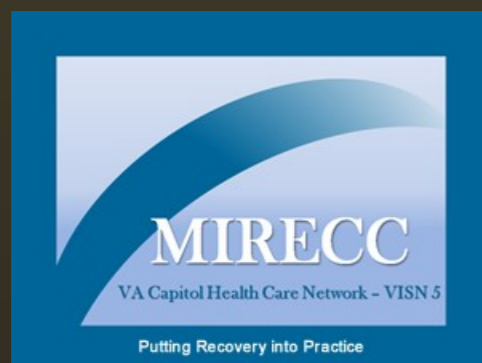
- Partner of Veteran

MENTAL HEALTH RECOVERY AND THE FAMILY

Family can play a crucial role in a Veteran's mental health recovery!

When family members become involved in a Veteran's mental health treatment, there are benefits for everyone in the family:

- Better understanding of the Veteran's diagnosis and treatment plan
- Increased feelings of hope
- Decreased worry/concern
- Improved well-being
- Reduction in stress
- Higher self-esteem
- Improved family relationships



FAMILY RESOURCES

NAMI

Offers free support and education programs for family.

1-800-950-6264

<http://www.nami.org>

National VA Resources

Coaching Into Care

A national hotline that provides information about how to motivate your loved ones to seek care.

1-888-823-7458

<http://www.mirecc.va.gov/coaching>

Caregiver Support Line

A national hotline that provides information about caregiver support services you may be eligible.

1-855-260-3274

<http://www.caregiver.va.gov>

Veterans Crisis Line

A national hotline for Veterans and their family and friends in crisis, where you can get access to caring, qualified responders.

1-800-273-8255, then press 1

<http://www.veteranscrisisline.net/>

FAMILY - SUPPORT FOR MENTAL HEALTH RECOVERY



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