Have a parent with a mental illness? Here are some ideas for GETTING HELP.

GET HELP FOR WHAT?

To care for yourself

- find respite/refuge
- connect/share with others
- learn to be independent
- talk about what's going on at home
- ask for the type of support you really need
- manage your own feelings

To get the information you need

- understand mental illness
- learn what to do if your parent goes to hospital
- figure out your options

To help care for your parents and family

- housework, chores
- helping your ill parent
- household management
- in case of emergency
- financial help

GET HELP FROM WHOM?

Friend or peer

Mentoring group

- big brother/big sister
- peer-to-peer

Parents and extended family members

Trusted adult

- family friend
- teacher, school worker
- neighbour
- coach, instructor or camp counselor

Professionals

- community health workers
- nurses and doctors
- psychologists
- social workers

GET HELP WHERE?

At home

Around you

- in your community
- at school
- at sports practice or art class

On the web

- help lines
- educational sites
- institutions
- government information

Institutions

- hospitals and clinics
- community organisations
- help lines
- education and support programs
- outreach programs

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