

People Can Recover

Mental disorders are common... An estimated 26.2 percent of Americans ages 18 and older – about one in four adults – suffer from a diagnosable mental disorder in a given year.

(National Institute of Mental Health)

It's a fact that people can and do recover from mental illness and addiction.

Just being there and offering support, friendship, strength and acceptance can make all the difference in the recovery process.

Family Friends Support

Resources:

[VBH-PA \(Value Behavioral Health of Pennsylvania\)](http://www.vbh-pa.com/)
<http://www.vbh-pa.com/>

[NAMI \(National Alliance on Mental Illness\)](http://www.nami.org/)
<http://www.nami.org/>

[SAMHSA \(Substance Abuse and Mental Health Services Administration\)](http://www.samhsa.gov/)
<http://www.samhsa.gov/>
<http://www.whatadifference.samhsa.gov/>

[Pennsylvania Recovery and Resiliency](http://www.parecovery.org/)
<http://www.parecovery.org/>

[Pennsylvania Families Incorporated](http://pafamiliesinc.com/)
<http://pafamiliesinc.com/>

[Chemical Dependency](http://www.al-anon.alateen.org/)
<http://www.al-anon.alateen.org/>
<http://nar-anon.org/>

The Network of Care website has a wide variety of both general and specific resources for your county. Go to <http://www.vbh-pa.com/>, select *For Members*, and click the [Network of Care](#) link.

The Health Education Answers website can be found on <http://www.vbh-pa.com/>, select *For Members*, and click the [Health Education Answers](#) link.



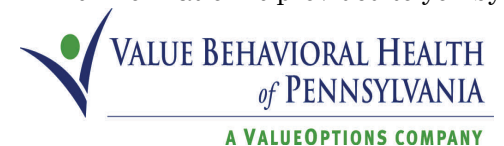
My Family Member Has a Mental Illness and/or a Chemical Dependency



What Can I Do?

What Should I Do?

This information is provided to you by



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Family involvement can make a difference!

Q&A's

Q: What is family involvement?

A: Family involvement is being supportive. Family should not be limited; it can be family, friends, a sponsor, a partner, etc.

Q: Why is it important to be involved in a family member/friend's recovery from mental illness or substance abuse?

A: Family and friends can help by learning how to cope with mental illness or substance abuse.

Q: What can I do?

A: Family involvement is more than just treatment.

- Find out about your family member/friend's diagnosis and medication
- Find out about your local resources for support, such as
 - Drop-in Centers
 - Psychiatric Rehabilitation
 - Social Rehabilitation
 - Supportive Housing
 - Local Chapter for NAMI (National Alliance on Mental Illness)
 - Support Groups
 - Nar-Anon and Al-Anon for Chemical Dependency

Q: Where can I find out about these things?

A: **For General Mental Health/Chemical Dependency Information, call 1-800-789-2674 and ask for your Community Mental Health Office contact number.** You will be asked to provide your state, county, and city.

Education:

- There are supportive organizations that can help such as NAMI. Go to www.nami.org and select *Find Your Local NAMI*, or call 800-223-0500 and ask for your local NAMI office.
- Visit the VBH-PA website at <http://www.vbh-pa.com>. Select *For Members* in the middle of the page, then select *Member Information* on the left hand side. If you scroll down, there are a variety of Member Tip Sheets that are very informative such as
 - Addiction
 - ADHD Facts
 - Depression Facts
 - Eating Disorder Guidelines
 - Take Your Medicine & Take Care of Yourself
 - What is Depression?
- The VBH-PA website also has links to various resources and websites. Visit the Members section for links to resources such as
 - Network of Care
 - Health Education Answers
 - NAMI



Q: What should I do?

A:

- Express your concern and offer your support.
- Ask for more details about the person's diagnosis and how he or she is managing.
- Ask what you can do to help. You can leave this open-ended, or you can suggest specific tasks that might help your family member/friend in his or her specific situation.
- You might also offer to help your family member/friend with errands, but be careful not to patronize or make the person feel disempowered.
- Reassure your family member/friend that you still care about him or her, and be sure to include him or her in your everyday plans.
- Remind your family member/friend that mental illness and or chemical dependency is treatable. Find out if he or she is getting the care he or she needs. If not, offer your help in identifying and getting the right kind of care.
- If a family member/friend is having a psychiatric emergency, ask them what kind of help they need and respond immediately. **It is important to give them hope and encourage them to seek support.**¹

¹ This information found on <http://www.whatadifference.samhsa.gov/>