

## Contact / Referral Information:

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The mission of the Mental Health Association is to promote mental health, including the integration of physical healthcare, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders.

We, as a community organization, accomplish our mission through advocacy, education, prevention, early intervention, treatment, and service.



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[www.MHAinspire.org](http://www.MHAinspire.org)

# Family Support

For families and friends of individuals with mental illness.

SUPPORT

EDUCATION

COUNSELING

RESPIRE

ADVOCACY

**MHA**  
MENTAL HEALTH ASSOCIATION  
INSPIRING HOPE AND HEALING

## Intensive Family Support Services

Caring for someone who has a mental illness may be physically and emotionally stressful, stigmatizing, and isolating. These stressors cause feelings of frustration, embarrassment, resentment, grief, and anger.

IFSS provides supportive counseling, family support groups, psychoeducational workshops, respite, advocacy and linkage for family members of an adult 18 or older, living with a mental health condition.



**IFSS can provide relief through the following services either in person or virtually:**



### SUPPORT GROUPS

Parents, siblings, or spouses coping with mental illness meet together with a trained counselor for mutual support and sharing of resources.



### WORKSHOPS

Educational presentations and time-limited trainings for the purpose of providing families with a greater knowledge of mental illness, treatment options, and skills.



### COUNSELING

A mental health professional will meet with you to provide support and education while teaching skills to enhance family relationships, either in the community, with individual or multiple family members, in person, or via telehealth.



### RESPIRE

Restorative activities, outings, and workshops for overwhelmed caregivers. Caring for yourself increases your capacity to cope with stress, and effectively support your loved one.



### ADVOCACY

Family empowerment will be enhanced by learning how to navigate the mental health care system through times of crisis, finding treatments, and sustaining recovery. IFSS partners with NAMI (National Alliance on Mental Illness), connecting families to resources and to one another.