

Family Support at the Community Mental Health Program



TWH

Information for families and caregivers



What is the family support program?

The Family Support Program can help you learn about mental illness. We can also connect you with tools and resources. We will help you and your loved ones deal with mental illness in the family. We offer services in Spanish and Italian.

Mental illness affects 1 of every 5 people.

You and your family are not alone.

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
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Services we offer

Name of service

What it means

1-on-1 and Group Support

We can talk to you in our clinic or we can visit you and your family in your own home.

We can listen to your concerns and answer your questions.

We can help you to meet other families who are coping with mental illness, talk and share in a safe, welcoming and private place.

Advocacy

We will support you so others can hear your voice. We can also be your voice, if you would like.

We will help you access services you need such as:

- disability programs
- disability benefits
- mental health services
- housing services

We can help you prepare for important family meetings. We will work with your loved one's care team or with the legal system.

Education Groups

Take a class. Learn skills to help you cope with mental illness in your family.

Topics include:

- how to deal with stress as a caregiver
- anxiety
- depression
- schizophrenia
- future planning
- mental health and the law

We can provide materials in Spanish and Italian.

How can a family join the program?

Call 416-603-5800 extension 2827#.

A family support worker will be in touch with you.

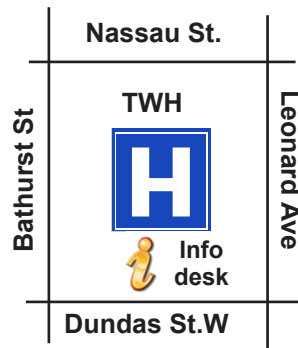
Contact us

Toronto Western Hospital
East Wing – 9th Floor (Room 434)
399 Bathurst Street
Toronto, Ontario
M5T 2S8

Phone: 416-603-5800 extension 2827#

Fax: 416-603-5490

Toronto Western Hospital



- ★ Take East elevators to the 9th floor

How to get here

By subway

1. Take the subway Bloor line.
2. Exit at Bathurst station.
3. Take the Bathurst streetcar south to Dundas Street West.

By car from the north

1. Take the Don valley Expressway.
2. Exit at Spadina Avenue.
3. Travel northbound to Dundas Street.
4. Turn west and drive until you reach Bathurst Street.

By car from the south

1. Take the Gardiner Expressway.
2. Exit on Spadina Avenue and travel northbound to Dundas Street.
3. Turn west and drive until you reach Bathurst Street.

You can park at the hospital parking lot on Nassau Street.