

# Family Support at the Outpatient Mental Health Program



## Information for families and caregivers

Read this brochure to learn about:

- What the Family Support Program is
- What it offers
- How a family can join



## **What is the Family Support Program?**

The Family Support Program supports family members and caregivers who are directly caring for a loved one diagnosed with a mental health disorder. The program provides mental health education, confidential conversations, information, tools and service navigation. Please call to ask about these services.

Mental illness affects 1 of every 5 people.  
**You and your family are not alone.**

### **1-on-1 and Group Support**

The Family Support Program allows family members and caregivers to sit down with a Family Support Worker in one-on-one consultations. We engage in supportive listening and help family members find the mental health services they need.

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

### **Advocacy**

We believe in supporting you to find your voice to advocate for you and your loved one.

We can help you find services such as:

- community agencies and programs
- mental health services
- disability and housing supports

We can also help you prepare for important family meetings.

## Education Groups

We provide education to support and empower family members and caregivers. You will learn self-care tips and practical skills such as how to manage your stress and emotions, and how to problem solve as you cope with mental illness in your family.

Topics include:

- understanding mental health law
- understanding mental illness and treatments
- managing caregiver stress
- boundaries in caregiving
- service coordination and future planning

We can provide translated materials upon request.

## How can a family join the program?

You do not need a doctor or clinician to refer you to the Family Support Program. Self-referrals can be made by calling 416 603 5800 extension 3717.

## Contact us

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East Wing – 9th Floor  
399 Bathurst Street  
Toronto, Ontario M5T 2S8

Phone: 416 603 5800 extension 3717

Fax: 416 603 5490



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