

Blueprint for Families of Loved Ones with Mental Health Issues

When mental health affects someone, it affects their whole family. That's why we created this Blueprint: a practical guide to help family caregivers support their loved one with mental health issues, while also taking care of themselves and their family.

ACCESS ONLINE

www.caregiveraction.org/blueprint-for-mental-health-issues/

Supporting a Loved One With Managing Medications

HIPAA May Not be the Barrier You Think It Is

Am I Doing This Right? Connect With Other Caregivers

Discussing Mental Health with Doctors

Feeling Depressed? Screen for Mental Health Issues

The Value of Early Diagnosis & Intervention

Blueprint for BIPOC Caregivers of Children with Mental Health Issues

Families, Addiction and Mental Health - FAM



Scan the QR Code to access the Blueprint