



Canadian Mental
Health Association
British Columbia



A REASON TO HOPE. THE MEANS TO CARE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY

Mental health help

When caring for an adult
with mental illness



Presenters



Sarah Hamid-Balma
Director, Mental Health Promotion
Canadian Mental Health
Association, BC Division (CMHA)



Hardeep Thind
Educator, Vancouver Region
BC Schizophrenia Society (BCSS)

Presenters



**Canadian Mental
Health Association**
British Columbia
Mental health for all



A REASON TO HOPE. THE MEANS TO COPE.
BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY



heretohelp

Mental health and substance use
information you can trust

Overview

- Major routes to mental health care for adults in BC
- Ways you can help
- A few common-sense strategies for:
 - dealing with a loved one distressed by symptoms
 - preventing and planning ahead for relapse
- Key resources
 - courses
 - support groups
 - other resources
- Q & A



Mental illnesses



Mental health system



Mental health system

Who

- Family doctor or GP
- Psychiatrist
- Social workers and nurses
- Occupational therapists
- Peer support workers
- Support group peers
- Alternative treatment providers
- Private counsellors (psychologists, clinical counsellors, etc.)



Mental health system

Where/how

- Workplaces
- Campuses
- Faith communities
- Community mental health non-profits
- Health authorities
 - Hospitals
 - Other programs – mental health and substance use, public health, home and community health



Ways you can help

- Knowing when something is wrong—or right
- Seeking and advocating for help
- Helping with medications, appointments and treatments
- Supporting a healthy lifestyle
- Providing emotional support

Ways you can help

Tom's recovery has been an exercise in patience, love and understanding. We take one step forward and stumble two steps back; baby steps—small increments of success, tiny improvements of things we would ordinarily take for granted—are things we celebrate. When Tom smiles, cracks a joke or declares that he wants to go for a run, they are positive, encouraging signs: baby steps forward.

The most important thing [families] have to do is accept you completely, with all your faults. Families can help by saying 'You're okay, we love you, and you'll get better'

Dealing with distressed loved one

- Maintain a sense of calm
- Keep stimulation and stress low
- Be patient. Wait for an answer/response
- Offer a choice (no matter how small)
- Don't touch the person without warning
- Avoid arguing or giving advice



Dealing with distressed loved one



Planning ahead for relapse

Between episodes, map out ‘*early warning signature*’

Possible risk factors

- Changes in medication
- Changes re: treatment providers
- Major stress or loss
- Accumulation of minor stresses
- Changes in season
- Physical injury or illness
- Not prioritizing/little sleep
- Reduced self-care activities
- Alcohol or drug use

Possible early symptoms

- Changes in sleep/energy
- Changes in appetite/weight
- Anxiety/restlessness
- Tearfulness
- More isolation
- Paranoia
- Increase in anger/irritability
- Poor personal hygiene
- Uncharacteristic behaviours

Key resources



Courses

- Strengthening Families Together
www.bcscs.org/strengthening-families-together
- Self Management BC courses
www.selfmanagementbc.ca
- Bounce Back
www.bouncebackbc.ca
- Wellness Recovery Action Plan (WRAP)
www.mentalhealthrecovery.com
- Living Life to the Full
www.livinglifetothe-full.ca
- Understanding Addiction
www.understandingaddiction.ca



Family support groups

Any major mental illness

- BC Schizophrenia Society
www.bcscs.org/monthly-meetings-calendar/
- Some CMHAs www.cmha.bc.ca/about-cmha/cmha-locations/

Depression/bipolar disorder

- Mood Disorders Association of BC www.mdabc.net

Substance use

- Alcohol and Drug Information Referral Service (1-800-663-1441)

Other groups in the Lower Mainland

- BC 211 redbookonline.bc211.ca

Key resources

HeretoHelp: www.heretohelp.bc.ca

- askus@heretohelp.bc.ca
- personal stories
- screening self-tests
- free publications
 - Family Toolkit
 - Family Self-Care and Recovery from Mental Illness
 - Coping Kit
 - Managing Mental Illness series

Key resources

- **BC Mental Health Support Line:**
310-6789 (no area code)
- **811** or visit www.healthlinkbc.ca
- **Local mental health organization,**
such as BCSS (www.bcscs.org or
604-270-7841 or 1-888-888-0029) or
branch of CMHA (www.cmha.bc.ca
or 604-688-3234 or 1-800-555-8222)
- **Disability Alliance BC:**
www.disabilityalliancebc.org



Thank you!

Questions?





Whether you're watching the recording or attending live, take our very brief feedback survey by March 15, 2019, for a chance to win a \$20 gift card to a major BC vendor of your choice.



It's just 5 multiple-choice questions! It should only take 60 seconds to complete.

www.bit.ly/caregiver-webinar



Don't Care Alone

CALL US

Caregiver Support Line:
toll free 1-877-520-3267

Browse our Website

www.familycaregiversbc.ca

- Caregiver Support Groups
- Live & Recorded Webinars
- Articles and Resources
- Newsletter



Thank you!



Family Caregivers
of British Columbia