

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



FAMILIES,
ADDICTION &
MENTAL HEALTH
NETWORK



Scan the QR Code to
access the Blueprint