

Family Support for a loved one with Mental Illness

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“All members in a family are affected when another family member has a mental illness. Support, education, staying well and being informed is just as important as getting help for your loved one”. Arizona Department of Health Services

There is support for families, caregivers or partners of people who have developed a mental illness. The more everyone in the family knows about the illness and how to best support the person with the illness the more likely she/he is able to manage symptoms and live a full and complete life. Below are some resources for families in Maricopa County.

- [NAMI Basics](#) is a free six session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties – for schedule and availability of classes contact information is on the site.
- [Mental Health America](#) has a program called “B4Stage4” which promotes prevention and early detection/intervention for mental health issues.
- [MiKID](#) - ‘Mentally Ill Kids in Distress’ offers a variety of services for youth and families to help them when a child is struggling with mental illness.
- [The Family Involvement Center \(FIC\)](#) designed training for Parent-to-Parent support roles within the Arizona system of care for children. FIC provides services for children with emotional, physical and/or behavioral Healthcare needs in AZ.