

- ◆ Acknowledge and celebrate every success, whether large or small.
- ◆ Believe your family member will experience recovery. Encourage your family member to believe as well.
- ◆ Encourage your family member's efforts to try new things or do things differently than she did before mental illness.
- ◆ Encourage your family member to make choices and decisions.
- ◆ Recognize that recovery is different for everyone. How far and how quickly people experience recovery varies widely.
- ◆ Be patient; the recovery journey may be long and there will often be setbacks.

Source: CDHA Family Handbook; Canadian Collaborative Mental Health Initiative. Working together towards recovery: Consumers, families, caregivers and providers. Mississauga, ON: Canadian Collaborative Mental Health Initiative; February 2006. Available at: [www.ccmhi.ca](http://www.ccmhi.ca)

### **Resources to help:**

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

An online community & resource for people living with mental illness & their families.

[www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)

Besides helping people connect with a self-help group for support, they also have, through their Consumer Initiative Centre, many recover-based programs for people living with a mental illness.

[www.nnmh.ca](http://www.nnmh.ca)

This site offers the Lexicon of Recovery: Defining the language of self-directed citizenship, a document written by people living with mental illness. It explores the definitions and struggles of recovery.

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

This U.S.-based site provides information on recovery and links to many online and printed resources.