

To find out more about **Family Connections** please call toll free:

1800 153 340

Please give us a call and we can talk about whether the program would be useful for you and your family.



Project Investigators

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Eligibility criteria

Family members who have a relative with psychosis.

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Family Connections

Being connected · Staying connected

A support program for family members who have a relative with psychosis



This program is supported by a grant from the Rotary Foundation of Australia

For more information and to preview program materials visit:

www.uow.edu.au/health/iimh/ResearchThemes/UOW053226.html



Family Connections

When a person experiences psychosis, it can be a difficult time both for them and their loved ones.

Families, particularly parents, are faced with trying to work out what to do and how to deal with their family member's illness.

We are offering the opportunity to take part in a correspondence-based family support program specifically for families who have a relative with psychosis.



What's the program?

All participants will receive practical information and resources about psychosis, its management, mental health services, and the journey to recovery for the relative and their family.

Some participants will receive additional information and materials in a series of newsletters. For example, information on how to support, understand and assist a relative's recovery as they strengthen their connections with friends, family, study or work.

All material is delivered by mail and can be completed at one's own pace and convenience.

Examples of Program Content

- What is psychosis?
- Causes of psychosis
- Substance use and mental illness
- Antipsychotic medications
- Other kinds of treatment and support
- How can I help during treatment?
- Managing symptoms at home
- Looking after yourself



What are the proposed benefits?

We anticipate that this program will improve family members' knowledge and understanding of mental illness and recovery. It is also hoped that it will lead to better family relationships and improved quality of life and wellbeing. By taking part in this program you will be playing an important role in helping us to develop support programs that address the needs of families.

What does *Family Connections* involve?

- A telephone screening interview to ensure the program is suitable.
- Consent to participate in the program.
- A telephone interview and mail survey at the start, and again at 6 and 12 months.
- Reading of materials and return of worksheets to the Family Connections office (reply paid).
- Individuals can decide not to participate or withdraw from the program at any time.

