

MODULE 4

Experiences of Mental Illnesses & Family Communication

Presented by Soaring Minds Inc.



Resources from teen mental health were used in the making of this module.



Activity 4.1: Video Discussion

- Refer to handout/instructor guidance

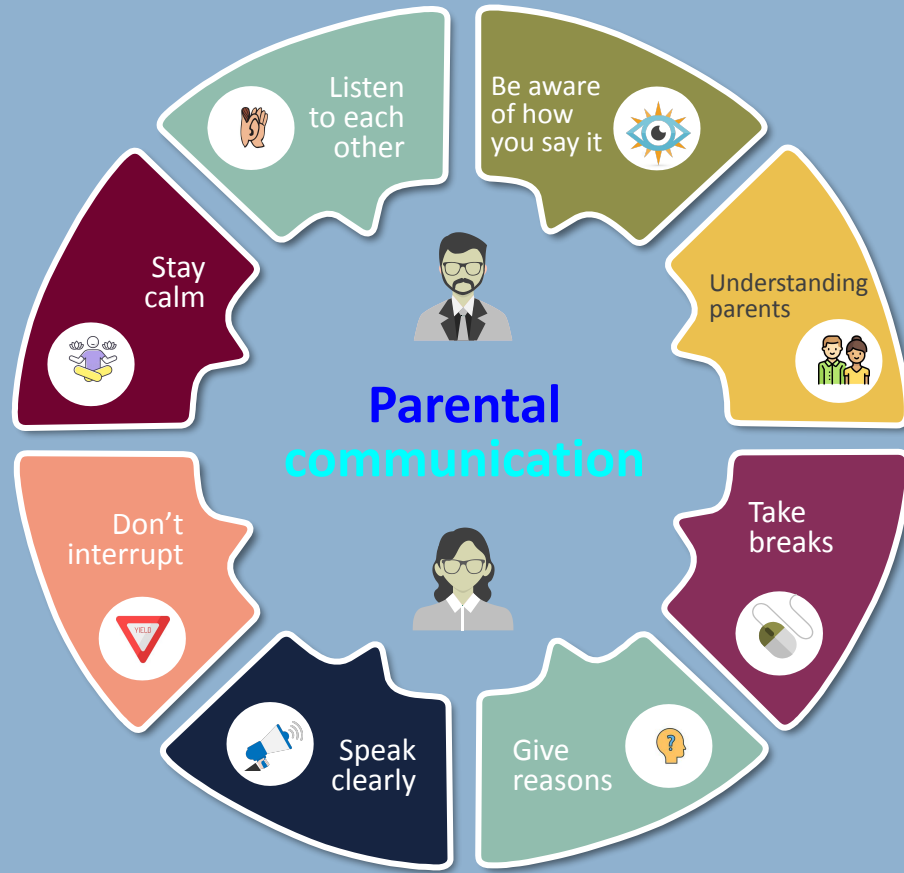


Family Communication

- Conflict is  natural
- **Communication** is key
 - Can trigger & resolve conflict

IMPORTANT: Maintain healthy parent-teen relationships!





Quiz (True or False)

1. First person accounts of living with a mental illness may help decrease stigma related to mental illness.
2. Usually, you can tell what kind of mental illness a person has by how they look and behave.
3. When speaking to parents, it is important to share with them what you think the diagnosis may be.



QUESTIONS?

© This material is under copyright. It cannot be altered, modified or sold. It is meant for educational purposes only and is not a guide to diagnosis or treatment. If you are concerned about a mental health problem, please seek the advice of health professionals.

