



Family Support Services

When someone is diagnosed with a mental illness it can affect the whole family including parents, children, spouses and siblings.

Family members most often become caregivers to their loved ones. The **Can-Help Program**, Canadian Mental Health Association Fort Frances Branch recognizes how stressful that can be. 1 in 3 people will experience mental illness in their lifetime and we understand how mental illness can affect both the individual who is diagnosed and the family as well.

In response to the family's need for education and support regarding mental illness, the Can-Help Program is pleased to offer its Family Support Services throughout the Kenora/Rainy River Districts.

Services Offered:

- Individual, confidential support for family members
- Education and information on specific mental illnesses and the mental health system
- Resources available
- 8 session Family Education and Support Program (Call for program outline)
- Assisting in the development of Family Support Groups
- Mental Health First Aid Training
- Referrals to other services

For information contact:
Christina Hahkala, Family Liaison Worker
274-9400 ext 5 or Toll Free Number: 1-888-813-6503
Or via email: chahkala@cmhaff.ca



CANADIAN MENTAL
HEALTH ASSOCIATION
FORT FRANCES BRANCH

Funded by : North West Local Health Integration Network