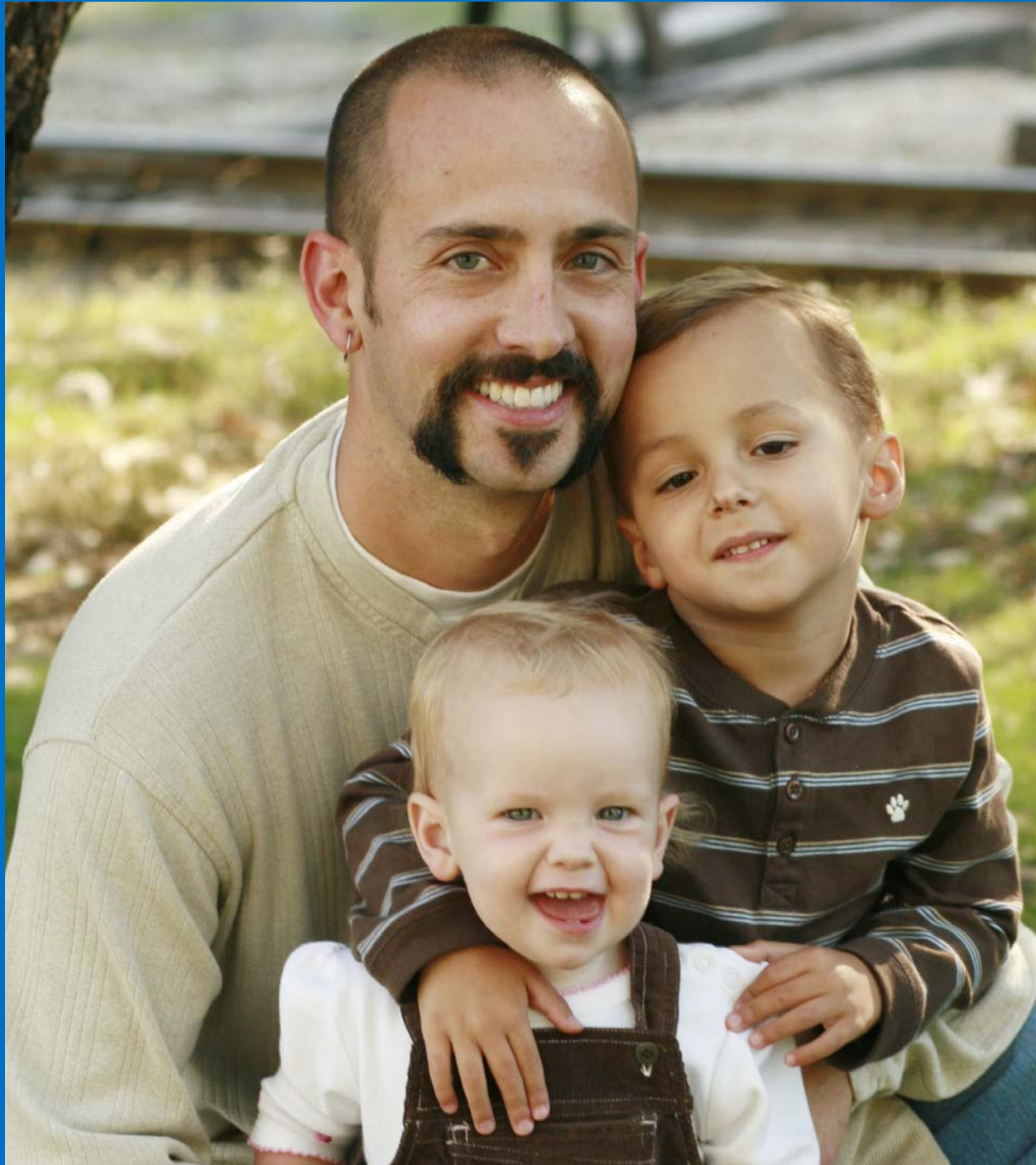


Not just you, your family too



If a family member has a mental health problem it can be tough for everyone.

Children, parents, grandparents, sisters and brothers all worry when someone in their family is distressed.

We will ask how everyone is coping and help you get support if you need it.