



Feeling the impact of mental illness: the emotional journey

Emotional phases of the journey for families/carers	Emotional phases of the journey for people living with mental illness
<p>Crisis and stabilisation</p> <p>Event Acute episode of illness. Could be psychosis, suicidal feelings or attempt, mania, panic attack or overwhelming anxiety, extreme depression.</p> <p>Overall goal Respond to acute episode of illness. Need (most often) to be in pro-active caregiving role.</p> <p>Emotional responses Fear, anxiety, disbelief, shock.</p> <p>Needs Reassurance, practical support (food, childcare, transport), friendship, information on mental illness and prognosis, information about management and care strategies.</p>	<p>Crisis and stabilisation</p> <p>Event Acute episode of illness. Could be psychosis, suicidal feelings or attempt, mania, panic attack or overwhelming anxiety, extreme depression.</p> <p>Overall goal Respond to acute phase of illness. Accept increased vigilance and care from family and treatment services.</p> <p>Emotional responses Confusion, fear, anger, despair, denial.</p> <p>Needs Reassurance, safety, security, limited stimulation, medication (in the main), appropriate information, active caregiver/s.</p>
<p>Growing awareness</p> <p>Event Post-acute phase of illness, engaging with own recovery process and that of the person with mental illness.</p> <p>Overall goal Finding an appropriate caregiver role, emotional adjustment to the illness, engaging with own educational and support services/people.</p> <p>Emotional responses Grief, anxiety, frustration, exhaustion, guilt/anger, depression, hope, preoccupation with illness or the person living with the illness, searching for cures.</p> <p>Needs Support to vent feelings, detailed information about mental illness and services, information about common responses to the trauma of mental illness, reassurance and recognition of the trauma they have/are experiencing, debriefing, support to establish relationship with the person with the illness that allows them to take responsibility for their own lives and re-establish independence, support for changed expectations and circumstances.</p>	<p>Growing awareness</p> <p>Event Post acute phase of illness, engaging with recovery process.</p> <p>Overall goal Re-establishing independence and self esteem, re-engaging with or rebuilding life, connecting with contacts/services that are helpful, emotional adjustment to the illness.</p> <p>Emotional responses Grief, lack of confidence, anxiety, frustration, depression, hope.</p> <p>Needs To be listened to and accepted, information about illness and services, support to access appropriate services to re-establish independence and self esteem, support to establish social connections, debriefing from the trauma of the acute illness phase.</p>

Feeling the impact of mental illness: the emotional journey continued...

Emotional phases of the journey for families/carers	Emotional phases of the journey for people living with mental illness
<p>Recovery and hope</p> <p>Event Family/personal recovery.</p> <p>Overall goal To look toward the future, understand and accept the illness, return to balance of focus on self, other family members and friends, find a comfortable and appropriate caregiving role.</p> <p>Emotional responses Relief, hope, grief.</p> <p>Needs Continued support to vent feelings, patience, ongoing information (research, policy, medications), acknowledgment of dedication, social connection, and an opportunity for advocacy and political activity where appropriate. Some people enjoy an opportunity to put their experience of mental illness to good use by supporting others or through political advocacy.</p>	<p>Recovery and hope</p> <p>Event Recovered to best of personal ability and achieving greatest potential.</p> <p>Overall goal Strengthen independence, improve self esteem and confidence, develop an identity, deal with stigma and accept mental illness as a factor in one's life.</p> <p>Emotional responses Relief, hope, grief.</p> <p>Needs Housing, meaningful occupation (study, employment, creative pursuits, volunteerism), social connection, continued support to express feelings, physical activity, ongoing information (research, policy, medications). Some people enjoy an opportunity to put their experience of mental illness to good use by supporting others or through political advocacy.</p>

Useful references

Mental Illness Fellowship of Australia
www.mifa.org.au

Mental Illness Fellowship Victoria
www.mifellowship.org

Mental Health Services Website (Vic)
www.health.vic.gov.au/mentalhealth

National Alliance of the Mentally Ill (NAMI) (USA)
www.nami.org

Mental Health Council of Australia
www.mhca.com.au

SANE Australia
www.sane.org

Beyond Blue
www.beyondblue.org.au

Mental Illness Fellowship of Australia fact sheets

Family and carer supports and services

What can friends and family do to help a person experiencing mental illness?

Effective communication



Mental Illness Fellowship of Australia
08 8221 5072 www.mifa.org.au
Mental Illness Fellowship Nth Qld Inc
07 4725 3664 www.mifnq.org.au
Schizophrenia Fellowship of Qld Inc
07 3358 4424 www.sfq.org.au

Mental Illness Fellowship of
Sth Australia Inc
08 8221 5160 www.mifsa.org
Mental Health Carers NT
08 8948 1051
www.mentalhealthcarersnt.org

Mental Illness Fellowship Victoria
03 8486 4200 www.mifellowship.org
Schizophrenia Fellowship of NSW Inc
02 9879 2600 www.sfnsw.org.au
Mental Illness Fellowship of the ACT Inc
02 6205 2021 www.mifact.org.au

Mental Illness Fellowship of WA Inc
08 9228 0200 www.mifwa.org.au
ARAFMI (Tas) Inc
Launceston 03 6331 4486
Moonah 03 6228 7448
www.arafmitas.org.au