



# The Family Intervention Guide to Mental Illness: Recognizing Symptoms and Getting Treatment

*By Bodie Morey, Kim T. Mueser*

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Over 50 million Americans have a mental illness, but as many as 20 million don't have their illness detected. And many others get substandard treatment. Family members play a crucial role in recognizing mental illness, and helping a loved one get the treatment they need. The early signs of mental illness are clear if you know what to look for, and getting rapid and effective treatment will help your relative get better faster. If you think a family member or friend may be struggling with a mental illness, or isn't getting effective treatment, this guide will help you recognize symptoms, get the right treatment, and work together as a family to help your loved one get better.

Inside you'll find step-by-step support and information for determining whether someone you care about is suffering from a mental disorder, and what you can do to help. **The Family Intervention Guide to Mental Illness** outlines the nine fundamental steps to recognizing, managing, and recovering from mental illness. It provides both diagnostic information and details about therapy options and useful medications. With the right advice, determined effort, and a lot of love, you can make a difference.

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### **Editorial Review**

From Publishers Weekly

Detailed but not overwhelming, Morey and Mueser have created an extremely helpful addition to the family medical reference library. Morey and Mueser's straightforward writing style and common sense approach guide readers through a step-by-step process for helping a mentally afflicted loved one. Chapters begin with a "fundamental step" ("Discuss the situation openly," "Get a correct diagnosis"), and end with a list of "good steps" ("Familiarize yourself with the symptoms") and "missteps" ("Thinking that it's none of your business") which give readers extra guidance. Practical information and advice are well illustrated by vignettes and case histories; included are strategies for introducing the idea of getting help, thumbnail descriptions of a wide range of mental illnesses, coping with long-term interventions and how to keep on "living your own life." Therapies, including medication, are also surveyed, as well as resources for further information. Comprehensive, compassionate and rooted in solid research, this easy-to-read guidebook is suitable for any family in search of answers.

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### **Review**

Above all, this is a book about love. Families will rely on it to help loved ones. They will share it with friends when their families in turn are confronted by mental illness. The book covers a broad spectrum of concerns from recognizing symptoms to maintaining wellness-and offers practical information and strategies.

--Michael J. Fitzpatrick, MSW, Executive Director of the National Alliance on Mental Illness

From the Publisher

This book helps you understand, identify, and assist family members or close loved ones who suffer from the early signs of mental illness. It offers nine fundamental techniques for recognizing, managing, and recovering from mental illness.

### **Users Review**

#### **From reader reviews:**

#### **Betty Williams:**

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**Raymond Augustus:**

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