



# How You Can Help



**A TOOLKIT FOR FAMILIES**  
**A Resource for Families Supporting**  
**Children, Youth and Adults with a**  
**Mental or Substance Use Disorder**

**2010**



**A REASON TO HOPE. THE MEANS TO COPE.**  
**BRITISH COLUMBIA SCHIZOPHRENIA SOCIETY**

**The F.O.R.C.E.**  
Families Organized for Recognition and Care Equality  
Society for Kids' Mental Health