



Caring Card



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You went out for a pleasant walk with an ill family member or friend. Remove two pieces from another players' cup.

FACT: People who are recovering from psychosis do better with quiet activities, one-on-one, with people they know.

You went to a class or group to learn more about psychosis. Remove a piece from another players' cup.**FACT:** Family education can reduce the rate of relapse and rehospitalization by up to 50% in the first two years after release.

You got respite care for your family member. Remove two pieces from your cup and one from another players' cup.

FACT: Getting the help you need helps everyone, prevents family members from burning out, and helps you maintain a positive and calm environment for recovery.

BONUS: Any player who knows where to get respite care may remove two pieces from their cup.

You gently reminded and encouraged your ill family member to bathe and brush their teeth. Remove two pieces from another players' cup.

FACT: Persons who are ill with or recovering from psychosis sometimes have a hard time getting motivated to look after their body. Friendly encouragement can help.

You worked with your ill family member and the rest of your family to create a family action plan for what to do if your family member relapses. Remove two pieces from another player's cup.

You sat down with your ill family member or friend and wrote down the signs they showed when they were becoming ill. Remove two game pieces from another player's cup

FACT: Often, but not always, a person will show similar signs if they are heading into a relapse or are under too much stress. **BONUS:** If you have already done this task in real life, remove one more piece from their cup.

You went to a family support group. Remove two pieces from your cup and two pieces from another players' cup.

FACT: Family support groups help family members deal with their own feelings about the illness. Groups help you remind yourself that recovery is possible with the right kind of treatment and support.

You were patient about waiting for answers from your ill family member to your questions. Remove two pieces from another players' cup.

FACT: When the brain mechanism for thinking is not working as it should, answers may take a long time. Patience is helpful.

You hosted or attended a small quiet family gathering. Remove two pieces from another players' cup.

FACT: Low key, positive gatherings with familiar people allow a person in recovery from psychosis to be social in a comfortable way.

If there has been a relapse, when your family member is feeling better, you took time to review your illness management plan together and see if any changes are needed – What worked? What could have been done differently? Remove two pieces from your cup and another players' cup.

Your young son broke a really valuable vase.

Rather than yelling, you sat down and discussed with him what happened. Remove two pieces from another player's cup.

FACT: Maintaining peace and calm around a person healing from psychosis is helpful to their recovery.

Your family member is convinced the police are spying on the house. Rather than arguing with them you let them know that it must be frightening to believe that but that you don't share their belief. Remove two pieces from another player's cup.

FACT: It is most helpful to avoid arguing with people who are having delusions, to empathize with what they are feeling, while making it clear you don't see it the same way.

Your ill/recovering family member seems anxious and agitated. You put on some calm, soothing music. Remove two pieces from another player's cup.

FACT: Maintaining a calm, pleasant environment is helpful.

You are being patient with your family member about the length of time it takes to recover. Remove two pieces from another player's cup.

FACT: Even when hallucinations or delusions are under control, it takes awhile for the brain to heal.

You found something positive your ill or recovering family member has done and complimented them on it. Remove two pieces from another player's cup.

Your family member came downstairs and did the dishes. You thanked them and said how much you appreciated it. Remove two pieces from another player's cup.

You went to a family education program for families of persons with a mental illness and learned problem-solving skills. Remove two pieces from your cup and another player's cup.

You learned some communications skills to help you be more effective in speaking with your family member. Remove two pieces from your cup and another player's cup.

You noticed some early warning signs of relapse and encouraged family member to get in touch with mental health provider. Remove two pieces from another player's cup.

You took your son or daughter (who does not have psychosis) out for some enjoyable one on one time with you. Remove two pieces from another player's cup.

You've been needing a break. You ask one of your relatives to take care of your family member so you can take a recreational class. Remove 3 pieces from your cup.

You start attending a support group for families of persons with mental illness through the BC Schizophrenia Society or another organization. Remove 3 pieces from your cup.

Your family member believes something that you know to be false, but is very upset about it. You avoid arguing with them or agreeing with them about their delusion but are sympathetic about how they are feeling about it. Remove two pieces from another player's cup

Your family member is very concerned that the police are watching the house, something you know to be false. You sit beside them and let them know you understand how they feel, given the things they are thinking. Remove two pieces from another player's cup. Fact: Showing with your body language that you are on the same side is very helpful for a person experiencing paranoia.

Your recovering family member is taking a long time to answer your questions. You patiently wait for them to answer, knowing that this is a symptom of the illness. Remove two pieces from another player's cup.

You've been needing a break. You contact a respite program and get your ill family member hooked up with some activities outside the house. Remove two pieces from your cup.

Your family member has been complaining about side effects from their medication. You encourage them to make an appointment with their doctor to get their medication adjusted. Remove three pieces from another player's cup.

You are looking for more information on how to cope with your family members' illness – you find resources on the internet to www.psychosissucks.ca and www.heretohelp.bc.ca (there is a family toolkit with lots of information for family members.) Remove two pieces from your cup and another player's cup.

You are with your recovering family member and helping them make lunch. You provide clear, simple step-by-step instructions. Remove two pieces from another player's cup. Fact: Person's recovering from psychosis often think more slowly while their brain is healing. To avoid frustration, it is best to be patient, and offer clear simple instructions, repeating them if needed.

Your recovering family member isn't showing their feelings very much, they seem 'flat' emotionally. You realize this is a symptom of their illness and that it doesn't mean they aren't experiencing feelings. Remove two pieces from another player's cup.

Your recovering family member is silent a lot, and when they do talk, they don't say much. You realize this is a part of their illness and keep talking to them, even though they don't respond much. Remove two pieces from another player's cup.

Your recovering family member sits for a long time doing nothing. You realize this is part of their illness and gently encourage them to participate in activities. Remove two pieces from another player's cup.

After seeming depressed for awhile, your recovering family member seems unexpectedly happy and is organizing their affairs. You recognize this as a suicide risk and call their doctor or clinician to get help immediately. Remove four pieces from another player's cup.

Your recovering family member seems depressed, you connect with how they are feeling rather than trying to talk them out of feeling sad. Remove two pieces from another player's cup and one from your own.

Your recovering family member is being very hard on themselves. You reassure them often that you care about them. Remove two pieces from another player's cup.

You are feeling overwhelmed. You call the BC Schizophrenia Society branch or coordinator in your area and ask for information on resources for family members. Remove two pieces from your cup and another player's cup.

Although you are a bit nervous about it, you attend a support or education group for family members of persons with mental illness. Remove three pieces from your cup and another player's cup.

You started doing a relaxing activity to help manage your own stress. Remove two pieces from your cup and another player's cup.