

# LWIEN SERVICE

*caring for at risk family caregivers of mentally ill persons*

## LWIEN

aims to provide a lifeline to family members who feel overwhelmed and stressed out by the daily pressure and mental anguish of constantly caring for a family member suffering from a chronic mental illness.

Family Caregivers are at risk of developing mental health problems themselves. The daily struggle to grapple with the challenge of caring for a loved one with mental illness is gruelling and exhausting and often leads to high anxiety and distress. Care-giving relatives often end up depressed. Their relationships suffer. Their morale at work and their employment are threatened.

Family caregivers of mentally ill persons lack support since service providers mostly focus on the needs of the sufferer. LWIEN tries to redress this situation by providing the following support to alleviate distress:

## INDIVIDUAL AND FAMILY CONSULTATIONS

with a mental health practitioner with 30 years experience. Family members can discuss the nature of their family member's illness, the symptoms, potential side-effects of medication and what to do about them, relating to the mentally ill family member without exacerbating painful behaviour patterns, and learning ways of caring for oneself without breaking down.

## SOCIAL WORK SUPPORT and access to the EMOTIONAL FREEDOM SERVICE:

office based sessions; home-visits by a Social Worker and a Psychiatric Nurse; outreach work in depressed neighbourhoods to identify the most hard-to-reach and most at risk families where mental health problems have never been addressed. When indicated, the Psychiatric Nurse refers caregivers to the Foundation's Emotional Freedom Service.

**SUPPORT GROUPS:** running depression support groups and carers' support groups.

**LIAISON** with the mental health system and its practitioners.

**SELF-HELP** literature: articles aimed at family caregivers are regularly published in the monthly SJAF Magazine; they can be accessed from [www.antidemalta.com](http://www.antidemalta.com). Jointly with the Mental Health Association, the Foundation has published Il-Kwiekeb fid -Dlam Jixegħlu - vjaġġi ta' tama mterraq minn qrafa ta' persuni b'mard mentali. Its English version is available in an e-book format: Stars Shine Brightly in the Dark – journeys of hope of relatives of mentally ill persons.

Services respect the individual's and family's **confidentiality**.

**Between 2011 and 2014, 1,007 individuals from 651 families were intensely supported through this service**



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*appoġġ għall-qraba ta' persuni li jsofru minn mard mentali*

LWIEN joffri ankra lill-qraba li jhossuhom għajjena fiżikament u mentalment bir-risponsabbiltà kbira li ta' kuljum jerfġu billi jieħdu ħsieb membru tal-familja li jsofri minn mard mentali.

Dawn il-familjari huma fir-riskju li jiżviluppaw mard mentali huma wkoll.

It-taħbit il-moħħ tal-isfida tal-kura ta' membru tal-familja maħbub hu wieħed qalil li jgħajjik u jifnik. Ħafna jaqgħu f'dipressjoni. Ir-relazzjonijiet tagħhom isofru. L-impieg ibati wkoll.

Il-familjari ta' persuni li jieħdu ħsieb qarib b'mard mentali jehtiegu appoġġ għalihom infushom ukoll. Is-Servizz LWIEN jipprovdihom dan l-appoġġ sabiex tonqsilhom it-tbatija u jibqgħu f'qagħda li joffru kura effettiva lil

## **KONSULTAZZJONIJIET INDIVIDWALI JEW BĦALA FAMILJA**

ma' professjonista b'esperjenza vasta fil-qasam tas-saħħa mentali. Il-membri tal-familja jistgħu jiddiskutu in-natura tal-marda mentali li jiffaċċja l-membri tal-familja, is-sintomi, l-effetti tal-medikazzjoni u x'jista' jsir, kif wieħed jista' jirrelata mal-membri tal-familja li hu jew hi marida mingħajr ma jgħarraq is-sitwazzjoni, u l-mezzi li wieħed jista' juża' biex jieħu ħsieb tiegħu nnifsu bla ma jikkrolla.

## **APPOĠĠ TA' SOCIAL WORK.**

## **COUNSELLING.**

## **SUPPORT GROUPS.**

**Kotba ta' għajnuna:** fl-iSJAF Magazine tal-Fondazzjoni li joħroġ kull xahar ikun hemm artikli b'pariri għall-qraba ta' persuni b'mard mentali. Jinkisbu mis-sit: [www.antidemalta.com](http://www.antidemalta.com). Flimkien mal-Mental Health Association, il-Fondazzjoni ħarġet il-ktieb Il-Kwiekeb fid-Dlam Jixegħlu - vjaġġi ta' tama mterrqa minn qraba ta' persuni b'mard mentali. Jinkiseb bl-Ingliż ukoll Stars Shine Brightly in the Dark – journeys of hope of relatives of mentally ill persons.

Is-servizz jirrispetta l-kunfidenzjalità ta' dak li jkun.

**Bejn l-2011 u l-2014 1,007 individwi minn 651 familji kienu megħjuna minn dan is-servizz.**