

Lwien Service



Fondazzjoni St Jeanne Antide

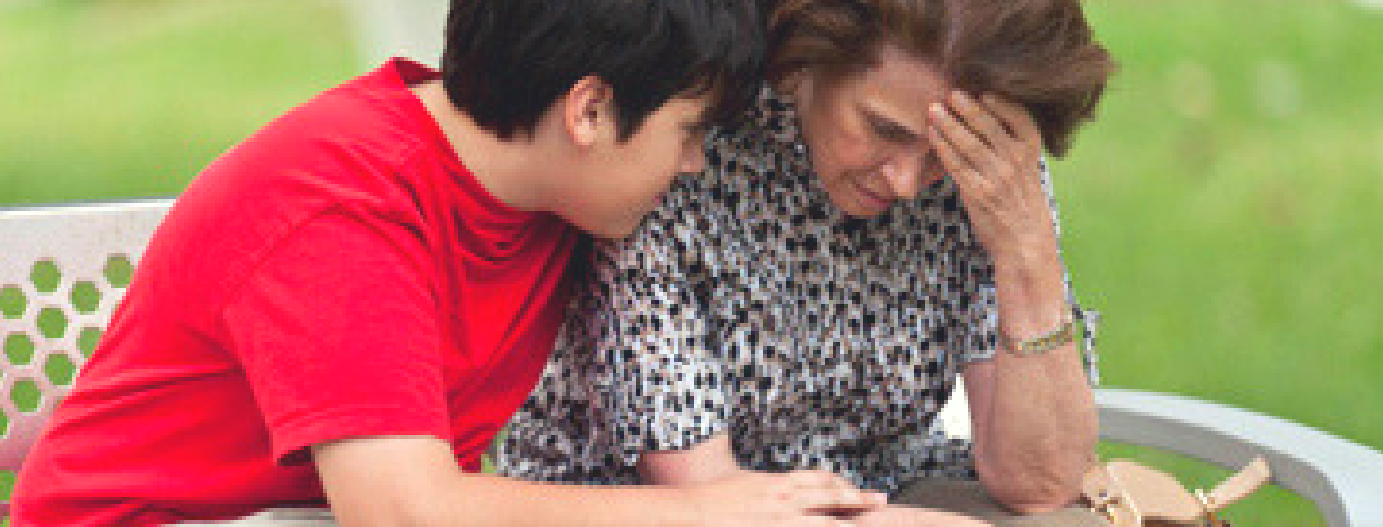
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**FONDAZZJONI
ST JEANNE
ANTIDE**



ILWIEN 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.

MEDIATION with employers and education establishments - when the cared for relative risks losing job or quitting education.

SELF-HELP literature: articles aimed at family caregivers are regularly published in the monthly SJAF Magazine; they can be accessed from www.antidemalta.org. Jointly with the Mental Health Association, the Foundation has published 3 books:

Il-Kwiekeb fid-Dlam Jixeghlu - vjaġġi ta' tama mterrqa 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.*

http://www.antidemalta.org/uploads/5/7/2/6/57264959/ebook_stars_shine_brightly_in_the_dark_englishillustfinal__1_.pdf

Bdoti fil-Maltemp - a book on different mental illness with tips for caregivers.