



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

*Bodie Morey, Kim 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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