



## ST JEANNE ANTIDE FOUNDATION

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[www.antidemalta.com](http://www.antidemalta.com)

Registration number: VO/0005

## Servizz LWIEN

*caring for family caregivers of mentally ill persons*

LWIEN aims to provide a lifeline to family members who feel overwhelmed by the daily pressure and mental anguish of caring for a family member suffering from a 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. They often end up depressed. Their relationships suffer. Their morale at work is 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.**

**COUNSELLING.**

**SUPPORT GROUPS.**

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

Contact us for an **appointment** by:

- Sending an email – [macen.sjaf@gmail.com](mailto:macen.sjaf@gmail.com)
- Phoning 21809011; 21808981; 27672367 and ask to speak to a social worker.

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Affiliations: Mental Health Association; Anti-Poverty Forum; SKOP (Solidarjetá u Koperazzjoni); Malta Health Network.