

Social Impact of SPMI on Individuals and Families

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Impact on Individuals

- Quality of Life (Occupational; Social)
- Emotional Distress & Mental Anguish
- Co morbid Conditions & Mortality
- Structural, Social, and Self-Stigma





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Impact on Families

“Catastrophic Stressor” for the Family

- Financial Burden
- Emotional Strain
- Social Impact
- Stigma by Association





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Caregiving and Lifespan Development

Childhood

Adolescent

Adulthood

Older Adults





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What Works: Alleviating the Burden

- Social Support
- Education about SPMI
- Mental Health Services
- Peer Support
- Self-Care
- Resilience and Recovery



Policy Recommendations

Increase mental health care and services directly for individuals and family members

Provision of financial and practical support

Anti-stigma Interventions

Targeted Educational Resources

Support groups

Further research: Draw on expertise of those affected; understanding impact of SPMI at various stages of lifespan development





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