Social Impact of SPMI on Individuals and Families

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Disclosure: No Conflicts or Affiliations to Disclose





Impact on Individuals

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



Impact on Families

"Catastrophic Stressor" for the Family

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



Caregiving and Lifespan Development

Childhood
Adolescent
Adulthood
Older Adults



What Works: Alleviating the Burden

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



Policy Recommendations

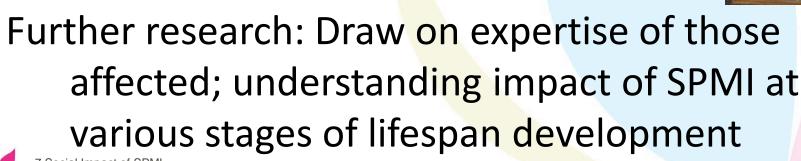
Increase mental health care and services directly for individuals and family members

Provision of financial and practical support

Anti-stigma Interventions

Targeted Educational Resources

Support groups







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