

# FAMILY GUIDELINES

***Go Slow.***

Recovery takes time. Rest is important. Things will get better in their own time.

***Keep it Cool.***

Enthusiasm is normal. Tone it down. Disagreement is normal. Tone it down too.

***Give each other space.***

Time out is important for everyone.

***Set limits.***

Everyone needs to know what the rules are. A few good rules keep things clear and safe.

***Ignore what you can't change.***

Let some things slide. Don't ignore violence or concerns about suicide.

***Keep it simple.***

Say what you have to say clearly, calmly and positively.

***Follow the Doctor's Orders.***

Take medications as they are prescribed. Take only medications that are prescribed.

***Carry On Business As Usual.***

Re-establish family and/or personal routines as much as possible. Stay in touch with family and friends.

***No Street Drugs or Alcohol.***

They make symptoms worse, can cause relapse, and prevent recovery.

***Pick Up On Early Signs.***

Note changes. Consult with your family clinician.

***Solve Problems Step By Step.***

Make changes gradually. Work on one thing at a time.

***Lower Expectations, Temporarily.***

Use a personal yardstick. Compare this month to last month rather than last year or next year.

***Attend the Multi-Family Groups.***

Identify and work on problems in group.

***Follow the treatment plan.***

Follow the recommendations of all of the professionals on your team.

*"Keep calm and carry on"*

