



SELBSTHILFEZÜRICH

MENTAL ILLNESS

VIDEO SUPPORT GROUP FOR RELATIVES & FRIENDS

Mental illness is not only stressful for the person affected, but also for those around them. The ability to talk about the challenges and feelings with others in a similar situation can be an important source of support for relatives and friends.

This group is a safe space, where you can share your experiences and issues with like-minded people. This might help you feel understood and less alone. As a group we support each other in finding a way to deal with our everyday problems and to take care of our own needs.

This support group will be held online by video-conference. If you are interested in participating, please contact Selbsthilfe Zürich.