

For you as a relative

One of your close relatives (spouse, parent, sibling) has started treatment here at the Competence Center for Transcultural Psychiatry (CTP).

For some relatives, it may be helpful to know more about our center and our treatment process.

You can read more at (in english): <https://www.psykiatri-regionh.dk/centre-og-social-tilbud/kompetencecentre/transkulturel-psykiatri/Sider/English.aspx>

When a person suffers from mental health problems/symptoms, it often affects the whole family. You are therefore welcome to take part in an appointment with the medical doctor or therapist who knows your family member if he/she agrees. If there are children, it is also possible to make an appointment for a family consultation (see leaflet).

Mental Health Services in the Capital Region of Denmark (Region Hovedstadens Psykiatri) and the Mental Health Centre Ballerup (Psykiatrisk Center Ballerup) also regularly offers courses for children who are relatives of someone with mental health issues.

An appointment with your family members medical doctor or therapist (pårørendesamtale) can:

- Help you gain greater insight into your family members illness and symptoms
- Give you an insight into the treatment process
- Give you the opportunity to ask questions and be given written information
- Make it easier for your family member to recognize your needs
- Give you guidance in terms of what you can be a support for, and what should not be your responsibility
- Give you guidance regarding how you can support your family member and at the same time take care of yourself

Some advice to you:

- You can support best by listening and being present rather than trying to give good advice - feeling like you must give advice can be hard on your relationship and is usually not helpful in the long run.
- In case of anxiety attacks, you can try to reassure and support your loved one to use the strategies that are often taught here.
- As a relative, it may be a good idea to talk to a professional or a good friend yourself.

- Please maintain as many of your meaningful activities as possible and give yourself the opportunity to rest, so that you can also be a support for your family member in the long run.
- **Although it is not your responsibility, we would appreciate it if you supported attendance at the appointments at CTP.**

If you would like to read more about specific diagnoses/symptoms, relevant written information will be provided during the treatment process. It can also be found on the website.

If your family member suffers from PTSD, you can read here: https://www.psykiatri-regionh.dk/undersogelse-og-behandling/Patientinformation/Til-voksne/Documents/21317-%20PTSD-RHP-DA_TG.pdf

You can read it in 6 different languages here: <https://www.psykiatri-regionh.dk/undersogelse-og-behandling/Patientinformation/Foreign-language-adults/Sider/default.aspx>

More information and support for relatives:

Psykinfo for anonymous telephone counseling and personal attendance: Rosengården 14, 1174 København K; tel. 3864 1300

Psykiatrifonden (Psychiatric Foundation): <https://psykiatrifonden.dk/>. For anonymous telephone counseling tel. 39 25 25 25.

Landsforening for pårørende (National Association for Relatives): BedrePsykiatri.dk; tel. 53 52 99 00. Also offers free courses for relatives.

Skolen for Recovery: Skolen-for-recovery.dk; tel. 23 60 08 96. Offers courses for family members.

There are also diagnosis-specific associations that support relatives.