



Have a long-term perspective

Develop a plan that provides for continuity of care over time. Care and treatment can occur in different settings

Develop interventions that are specific to tasks and challenges faced at each stage of the recovery process.

Identify defined markers of progress that are meaningful to the client at each stage of recovery



Build community capacity

Work with the community to foster mutual support and acceptance of mental health issues

TIPS ON

WORKING WITH

CLIENTS WITH MENTAL HEALTH ISSUES



Empower clients and their families

Work alongside clients, carers and communities to **provide avenues** to employment and self-support

Enable individuals and families to **learn from each crisis** so they are able to bounce back with a clearer understanding of their collective strength

Work through conflict and support individuals in managing their own risks



Put on an empathic lens

Acknowledge the clients' own expertise about their experiences and needs

Hear and see **through their eyes**

Recognize events that may have occurred through course of client's life (eg trauma, abuse) that could be contributing to their mental distress

Recognize the **contribution and needs** of caregivers