



Advocating for Mentally Ill Family Members: Lessons for Mental Health Policymakers

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COLLECTION EDITED BY Damian Mellifont

COLLECTION
Disability Studies

EDITION
1st edition

MARKET
College/higher education
and Professional and
scholarly

This course reading...

- Provides a deeply personal perspective informed by the author's own family experience with schizophrenia and its long-term impact.
- Features powerful interviews with parents, children, partners, and siblings of mentally ill loved ones, offering diverse voices and insights.
- Reveals the hidden struggles of families, including stigma, strained relationships, and navigating under-resourced mental health systems.
- Highlights the role of advocacy and coping strategies that can inspire both families and communities to push for more effective mental health policies.
- Ideal for students and practitioners in psychology, psychiatric medicine, psychiatric nursing, community mental health, and disability studies, as well as families and caregivers seeking understanding and support.

How do families cope when a loved one's mental illness collides with scarce community resources and societal stigma?

Advocating for Mentally Ill Family Members draws on personal experience and powerful interviews to shed light on the hidden struggles of families living with mental illness. With honesty and compassion, the book reveals how erratic behaviors strain relationships, how stigma silences families, and how advocacy becomes a vital yet exhausting necessity when navigating mental health systems.

Through stories of parents, children, partners, and siblings, **Janice Airhart** illustrates both the challenges and resilience of families who fight for the care and dignity of their loved ones. By capturing the lived realities of mental illness across different diagnoses, this book underscores the urgent need for stronger community support, better policies, and more compassionate systems of care.

Ideal for students and practitioners in psychology, psychiatric medicine, psychiatric nursing, community mental health, and disability studies, as well as families, caregivers, and advocates seeking understanding and guidance.

Janice Airhart, author and educator with a background in science, journalism, and teaching, writes from lived experience to illuminate issues of mental health, education, and resilience.

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