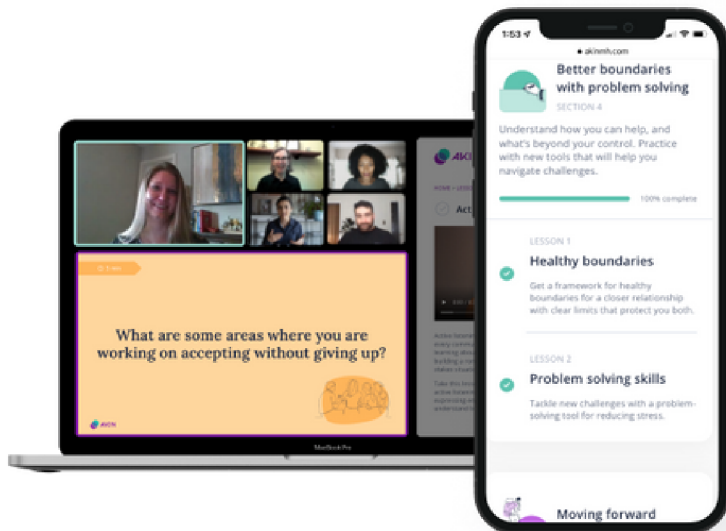


Join the program for families who support loved ones with mental illness

When you care about someone who has schizophrenia, bipolar disorder, severe depression or related illnesses, it can feel like you have no one to turn to.

Akin Mental Health will show you how to help.



- ✓ **Live online workshops** to learn, practice skills, and get support
- ✓ **Caring community** of families who get it
- ✓ **Include up to 3 guests** to join your account
- ✓ **Week-by-week lessons**
 - Causes of mental illness
 - Communication skills
 - Setting healthy boundaries
 - Crisis prevention, and more

“Akin has given me practical skills, resources and endless support to face seemingly overwhelming issues arising from SMI.

Matt and Stephanie foster a community of sharing and caring while providing vital learning in the most positive, productive and forward-thinking manner.

For me it has filled a void in my ongoing recovery as a family member and has helped me to be the person I want to be for my son who lives with schizophrenia.”

Akin member
Mother of a son with schizophrenia



Akin Mental Health
www.akinmh.com