

Are you feeling stressed out, tired, anxious, or isolated, while supporting a loved one through a mental health hospitalization?



Want more information about the search for a higher level of behavioral health care? We are here for you and want to support you!

Join us for our Virtual Support Group for Parents & Caregivers of Individuals Needing Behavioral Health Hospitalization

Virtual support group led by Astor Hospital Liaison and Astor Family Advocate Intern that provides information about how to promote better mental health for family of those needing behavioral health inpatient hospitalization. Practical information and encouragement in a safe space.

Held Alternate Wednesdays 3:30-4:30 p.m.

Contact Suzy at sgarcia@astorservices.org for information regarding our next meeting, to request an invite or for referrals.

Topics Vary but Include:

- How to support during inpatient care
- Involvement during and after treatment
- Understanding anxiety of being inpatient
- Advocate for a successful discharge
- How to communicate with schools during hospitalization
- Resources/Rights explored
- Self-Care before during and after
- Guest Speakers
- Open discussion with a focus on evidence-based strategies to support your family

**Providing
Free,
Confidential
Support**

