



THE 'INNERVIEW'



Who is in your family?

Is it your Mum, Dad, Brother or Sister who has a mental illness?

What happens when they are unwell?

Who looks after you when they are unwell?

What do you like to do with them when they are well?

What makes you most angry or hurt?

What do you do when you get angry?

What are you most afraid of?

What do you like most about your family?

What do you wish your family could be like?