



FAMILY SUPPORT GROUP
WEDNESDAYS AT 5PM
CALL 865-374-0301 OR
TOLL FREE 844-382-4264
CONFERENCE CALL ID 3738211

Call to learn more about the process of crisis stabilization here at Peninsula Hospital, resources available to you and your loved one during and after discharge, and how to support your loved one in moving towards greater well-being. Each group will include an educational portion, with topics such as:

- Recognizing warning signs before a crisis starts
- Communication when “nothing” is working
- Ways to help encourage your loved one to take daily prescribed medication
- Managing Stigma
- De-escalation Techniques
- Beyond the Words Spoken – understanding nonverbal cues when your loved one’s communication is impaired
- Coping Skills – for you and your loved one
- Building a Support Network
- Using Outpatient Resources
- Crisis Management

You will also have a chance to ask questions, either to be addressed during the group discussion or to be given to your loved one’s treatment team.

We understand that this process can be difficult, confusing and overwhelming. We hope this group will relieve some of your stress and help you as you help your loved one through these current and upcoming challenges. You are not alone and you are an important part of your loved one’s journey towards recovery. Please join us while your loved one is hospitalized or any time afterwards that new obstacles arise.



Currently this group is by phone only due to social distancing restrictions of COVID-19. After those are lifted, you may also attend in person in the Hickory Conference Room of the Professional Building (middle one) at Peninsula Hospital at 2347 Jones Bend Rd; Louisville, TN 37777