Family Issues

AND

MENTAL HEALTH

How Do Family Issues Affect
Mental Health?

NEGATIVE FAMILY RELATIONSHIP CAUSES MENTAL ILLNESS WORSEN

According to research, as family conflict increases, the risks of anxiety and depression increases as well. By restraining the growth of family conflict, it helps to reduce a child's life stresses that will lead to depression during the adulthood.

What are the causes of
FAMILY ISSUES?

Disrespecting Each Other's Opinions
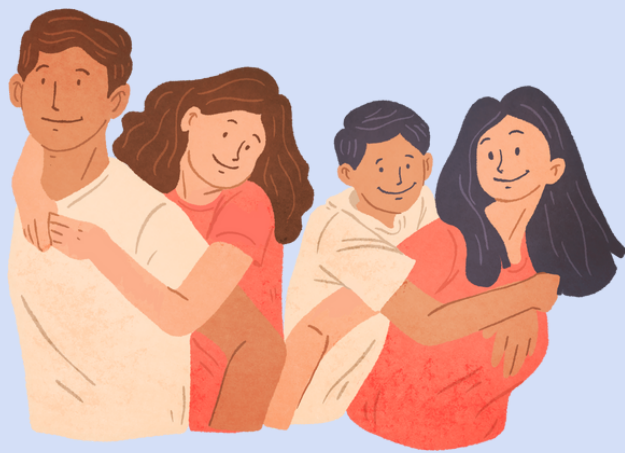
Family Financial Problems

Entering New Stages in Life

Stress From Work and Studies

Disagreements in Opinions

Parents Being Unfair

What Can Be Done to Improve
FAMILY RELATIONSHIPS?

Have a family bonding and spend quality time together.

Show appreciation to your family members and let them know that you care about them.

Communicate more often, be a good listener, respect, and support one another's opinions.

What Can Be Done to Improve
FAMILY RELATIONSHIPS?

Be open to talk about difficult feelings, concerns, mistakes, and thoughts.

Go for a road trip, share the fun and adventures together.

Explore on some family games such as 'family roles exchange' to have a better understanding on one another's daily routine.

Family is the heart of a home.

f **Centre for Counselling Services**

Centre for Counselling Services (CCS)

Monday – Friday, 8am–6pm

E-sessions Available

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