



How Do I Find Out?

Why do these
things only
happen to us?

**Why do these
things only
happen to us?**

**I wish someone
Understood!**

I want us to
be a normal
family!

**I want us to
be a normal
family!**

I feel so alone!

Where do we get Help?

Compiled by:
**Archdiocese of Cardiff
Family Life Commission**

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**Directory of useful
Telephone numbers
and websites for
families.....
Who are experiencing
Mental Illness**

