

Goals of the SAFE Program

The SAFE Program has six major goals:

- To teach family members and friends of individuals with a mental illness about the symptoms and course of mental illness.
- To afford family members the opportunity to ask questions about psychiatric disorders and treatment options (medications, therapies, etc.).
- To reduce the stigma of mental illness by providing a forum in which to discuss concerns and obtain support from peers.
- To publicize the availability of mental health services at the VA Medical Center, including the broad continuum of care.
- To help family members understand the importance of early intervention for their loved one, as well as open, timely communication with providers.
- To link family members with opportunities for support both at the local VA Medical Center and with community resources, including the local NAMI affiliate.