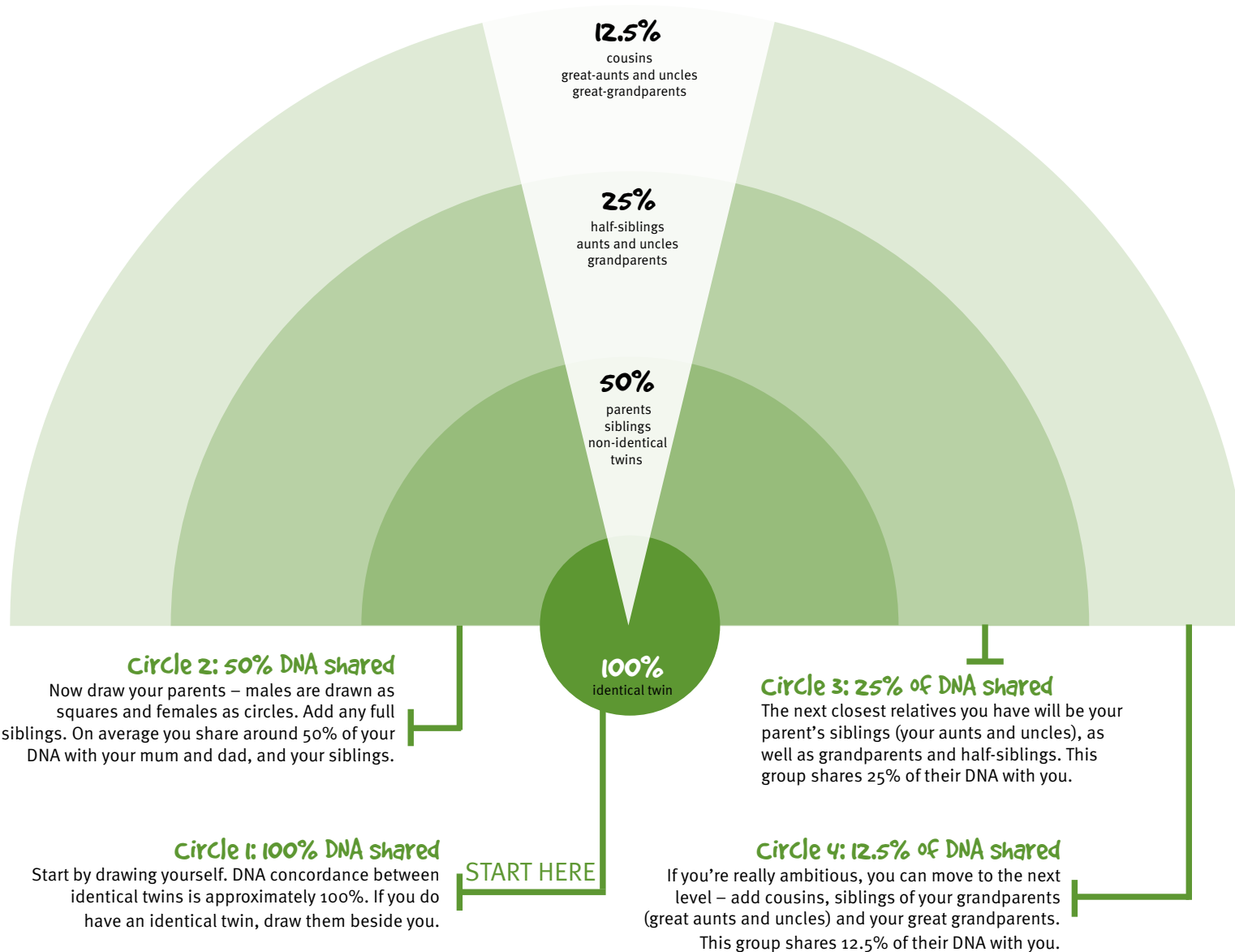


# PLOT YOUR FAMILY TREE

AND LEARN MORE ABOUT YOUR FAMILY'S MENTAL HEALTH HISTORY



## Part 2: Identifying your mental health conditions

Now you have a family tree, we get to the task of assessing your family history for mental health problems. For each member of the family, ask yourself:

- Have they ever been blue or down for long periods of time?
- Have they ever been diagnosed with a mental illness?
- Are there any you would describe as anxious?

If you can answer yes to any of the above questions, colour in the symbol. You can jot down notes of the specific condition(s) beside each person. Don't worry if you don't know for a particular person – it is very difficult to have a complete family tree! It is also important to think of the environment they were in – you might have a great grandpa who was blue or down for long periods, but he might also have been a soldier in the Second World War (so his environment might have played a bigger role than genetics).

Now you have an idea of what your family mental health history looks like.