TIPS to complete your tree

Ask multiple relatives especially older generations for help completing your tree. Note which relatives had any symptoms of mental illness (or diagnosis of mental illness) or addictive tendencies. You may wish to circle their names adding what health history you discovered (example: Uncle Bob lived with BiPolar and Gambling addiction; Aunt Marie lives with Cannabis addiction). Older generations may have referred to mental health issues as “nervous breakdown, nervous disorder, or exhaustion requiring rest in a hospital.” Knowing one’s family medical history allows a person to take steps to reduce their risk. For people at an increased risk of addiction and/or other various mental illnesses it is recommended to start mental health screenings at an early age. The easiest way to get information about family medical history is to talk to relatives about their health.