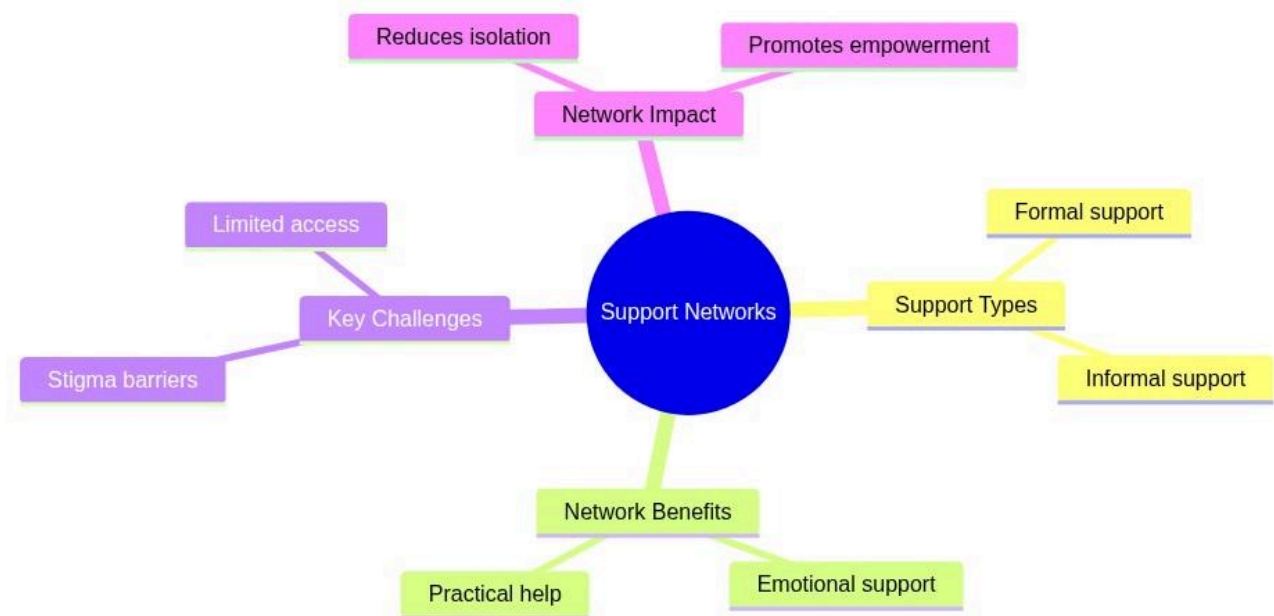


Professional Certificate in Advocacy for Individuals with Mental Illness

Support Networks



```

mindmap
    root((Support Networks))
        Support Types
            Formal support
            Informal support
        Network Benefits
            Emotional support
            Practical help
        Key Challenges
            Stigma barriers
            Limited access
        Network Impact
            Reduces isolation
            Promotes empowerment
    
```