**Table 5.2 Themes and categories of the psychoeducational programme content**

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| **Theme** | **Category** |
| 1. Interventions to provide information and education for families | 1.1 Mental health education on mental illness (causes, signs and symptoms, prognosis and treatment options)  1.2 Psychotropic medications, side-effects and their management  1.3 Management of challenging behaviours |
| 2. Interventions to enhance family support by the community | 2.1 Reduction of stigma and discrimination against family members and MHCUs  2.2 SAPS assistance during crises  2.3 Engagement of the MHCUs in community activities |
| 3. Interventions to enhance physical care of the MHCUs and family members | 3.1 Maintenance of personal hygiene of MHCUs  3.2 Assessment of physical health status of the MHCU and family members |
| 4. Interventions to provide social support | 4.1 Suitable housing for MHCUs  4.2 Shared responsibility between health care providers and family members |
| 5. Interventions to provide financial assistance | 5.1 Provision of permanent disability grants  5.2 Establishment of income-generating occupational activities  5.3 Provision of employment opportunities |
| 6. Interventions to enhance spiritual supportive care | 6.1 Collaborative care by health professionals, church leaders (pastors) and traditional health practitioners  6.2 Respect for the beliefs of MHCUs in relation to treatment programme  6.3 Involvement of church leaders in rehabilitation of the MHCUs |
| 7. Interventions to ensure health care provision by health care providers | 7.1 Provision of family therapy and counselling  7.2 Home visits by health care providers  7.3 Availability of psychotropic drugs  7.4 Rehabilitation (sheltered employment for the MHCUs, skills training and support groups)  7.5 Mental health education awareness campaigns |