



# Letting Go: Holding the Family Together Through Mental Illness

*Ronald Belanger*

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## **Letting Go: Holding the Family Together Through Mental Illness** Ronald Belanger

I'm just an average guy. I expected to live an average life. This is the story of how I dealt with the disabilities of three of my children and the developing mental illness of my wife. I want to encourage people living through similar challenges to keep going. I learned to navigate the system and get the help I needed for my family. I hope some of what I learned can be helpful to others. Everything is a process.

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