## **Supporting a Loved One With a Mental Health Condition**

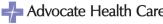
If a friend or family member is showing signs of mental distress, or reaching out to you for help, offer support by:

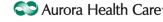


- Finding out if they are getting the care they need and want if not, connect them to help
- Expressing your concern and support
- Reminding your friend or family member that help is available and that mental health conditions can be treated
- Asking questions, listening to ideas, and being responsive when the topic of mental health comes up
- Reassuring your friend or family member that you care about them
- Offering to help your friend or family member with everyday tasks
- Including them in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations
- Educating other people so they understand the facts about mental health conditions and do not discriminate
- Treating people with mental health conditions with respect, compassion, and empathy

Courtesy: MentalHealth.gov

**Prayer**: Open our eyes to those living with mental illness and grant that we provide support, a listening ear, and comfort to those in pain. May our loved ones know they have a community that cares for them and that hope and healing are possible.





## Advocate Health Care Salvarora Health Care

Now part of ADVOCATEHEALTH

## MAY IS MENTAL HEALTH MONTH

## LOOK AROUND, LOOK

MANY FACTORS COME INTO PLAY WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO LOOK AROUND AND MAKE NOTE OF YOUR SURROUNDINGS, AND LOOK WITHIN TO SEE HOW THEY MIGHT BE AFFECTING YOU.



LEARN MORE ABOUT HOW YOUR ENVIRONMENT IMPACTS YOUR MIND AND WHAT YOU CAN DO ABOUT IT AT MHANATIONAL.ORG/MAY.



