

SUPPORTING YOUR LOVED ONE'S MENTAL HEALTH

When someone you love is struggling with a mental health condition, you may feel powerless to help or simply overwhelmed. Use these tips to support your loved one and yourself.

You Are Not Alone

Mental health conditions can affect anyone and millions of people have experienced the thoughts and questions you might be having now.

20%

of teenagers 13-18, live with a mental health condition.



60%

of people with mental illness get mental health care. As a result, family members and caregivers often play a large role in helping them.



18.6%

of U.S adults experience mental illness in a given year. That's almost 1 in 5 adults!



50%

of children between 8 and 15 with mental illness received mental health services in the previous year.



12 Tips to Support Recovery



Learn as much as possible about your loved one's condition.



Don't push too hard. Remember that recovery takes time.



Ask your loved one for permission to interact with their medical team, so you better understand their treatment plan.



Stress is easier to handle when shared with people who understand.



Encourage your loved one to follow their treatment plan.



Offer verbal encouragements to help them focus on the positive aspects of their life. Let them know you want to help.



Assign 'support' duties to everyone in the family. NAMI's Family-to-Family support group is a great place to start.



Avoid becoming isolated and resume "normal" activities, like going to the movies.



Be a good listener and try to recognize and acknowledge their feelings as they open up to you.



Prepare a crisis plan that includes phone numbers, such as the local crisis intervention team.



Make safety a priority. Talk to your loved one about the point at which you would involve the police (i.e. threats to harm oneself or others).



Don't give up. A person with mental illness can benefit greatly from family and group support such as NAMI's Peer-to-Peer group.

Don't Forget To Take Care Of Yourself!

Reduce stress by exercising daily.

Stabilize your mood by eating healthy, unprocessed foods.

Avoid drugs and alcohol since they often worsen stress.

Get 7-9 hours of uninterrupted sleep every night.

Practice deep breathing and meditation to promote relaxation.

Reach out to others. There are many supportive groups and online communities that can help including apps like NAMI Air.

To be able to care for the people you love, you must first take care of yourself.



NAMI programs like Family-to-Family and Family Support Group help people reach out and support each other.

For additional information visit:

www.nami.org
www.healthcentral.com

Sources:

<http://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself>
<http://www.nami.org/Find-Support/A-Family-Member-or-Caregiver/Supporting-Recovery>
<http://www.healthcentral.com/depression/ct/slideshows/10-ways-cope-your-partners-depression>