



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.



live with a mental health condition.





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





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





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



12 Tips to Support Recovery



Ask your loved one for

permission to interact

with their medical team,

so you better understand

Learn as much as

loved one's

condition.

possible about your



hard. Remember that recovery takes time.

Don't push too



their treatment plan.



shared with people who understand.

Stress is easier to

handle when



treatment plan.

Encourage your loved

one to follow their



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



NAMI's Family-to-Family support group is a great place to start.

Assign 'support' duties to everyone in the family.



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

Avoid becoming



acknowledge their feelings as they open up to you.

Make safety a priority. Talk

Be a good listener and try

to recognize and



Prepare a crisis plan that includes phone numbers, such as

the local crisis intervention team.



to your loved one about the point at which you would involve the police (i.e. threats to harm oneself or others). Don't Forget To Take Care Of Yourself!



benefit greatly from family and group support such as NAMI's Peer-to-Peer group.

Avoid drugs and

alcohol since

they often

Don't give up. A person

with mental illness can

Reduce stress by exercising daily.



unprocessed foods.

eating healthy,

Stabilize your mood by

you must first take care of yourself.

the people you love,



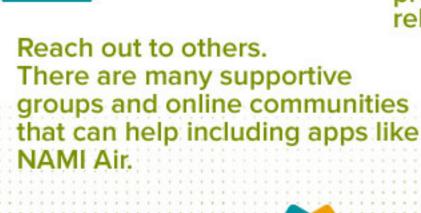
help people reach out and support each other.

worsen stress.



Practice deep

breathing and meditation to promote relaxation.



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/cf/slideshows/10-ways-cope-your-partners-depression