8 TIPS TO SUPPORT SOMEONE WITH MENTAL ILLNESS

01

LISTEN AND VALIDATE

Show empathy and understanding by listening actively to what the person is saying, and acknowledge their feelings without judgment.

02

EDUCATE YOURSELF

Learn about the specific mental illness the person has, and understand that it is a real and treatable medical condition

03

BE PATIENT AND NON-JUDGMENTAL

People with mental illness may have difficulty expressing themselves, or may have behaviors that are difficult to understand.

04

ENCOURAGE THEM TO SEEK PROFESSIONAL HELP

People with mental illness often benefit from therapy or medication, and it's important to encourage them to seek help from a mental health professional.

05

BE THERE FOR THEM

Offer your support and let them know that you care. You can help them with day-to-day tasks, provide transportation to appointments, or simply spend time with them.

06

TAKE CARE OF YOURSELF

Caring for someone with a mental illness can be challenging, so make sure you take time for self-care and seek help if you need it.

07

DON'T DIAGNOSE THEIR PROBLEMS

It's not your job to diagnose or fix their problems, and it's not healthy for you to try. Instead, offer your support and encouragement and let them know that you are there for them when they need you.

08

BE RESPECTFUL OF THEIR BOUNDARIES

People with mental illness may not want to talk about their condition all the time, and they may need time alone. Respect their boundaries and give them the space they need.

REMEMBER THAT EVERY PERSON IS DIFFERENT AND THEIR EXPERIENCES MAY VARY.

IT'S BEST TO COMMUNICATE WITH THEM AND UNDERSTAND THEIR NEEDS AND BOUNDARIES.

MENTAL ILLNESS IS A MEDICAL CONDITION, AND IT'S IMPORTANT TO TREAT THEM WITH EMPATHY AND RESPECT.

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