

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](https://www.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.*

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MAY IS MENTAL HEALTH MONTH

LOOK AROUND, LOOK WITHIN

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](https://mhanational.org/may).


Mental Health America
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