

# ***SUPPORTING A LOVED ONE WITH MENTAL ILLNESS***



## **WHAT IS MENTAL ILLNESS?**

Mental illness refers to a wide variety of disorders that affect your mood, thinking and behavior. Anyone can experience mental health issues, friends and family can make a huge difference in someone's recovery process.

## **WAYS TO SUPPORT YOUR LOVED ONE**

- Develop a neutral, non judgmental mind set.
- Do research on mental health issue such as read articles, books and academic journals. Gaining as much knowledge about the mental health illness is essential (APA,2019)
- Reassure your loved one that you love and care about them (APA,2019)
- Include your loved one in your plans , continue to invite them without being over bearing even if they resist your invitations.
- Encourage your loved one to seek professional assistance if they have not yet

when supporting a loved one who is struggling with mental illness judgment can slow down one's recovery process. Have a neutral and non bias mind set as this will allow you you gain more knowledge and information on mental illness (APA,2015).

Individuals with mental illnesses still have an identity, and they still have a voice. Engage your loved one in open and honest conversations. Ask what they're feeling, what they're struggling with, and what they'd like from you. Work together to set realistic expectations and plan the steps for meeting those expectations.( APA,2015) Recognize and praise your loved one's strengths and progress. Research shows that compared to offering positive support, repeatedly prompting, or nagging people with serious mental illnesses to make behavior changes actually results in worse outcomes.

## **EMPLOYEE WELLNESS SERVICES**