

SOMETIMES A MENTAL ILLNESS CAN MAKE SOMEONE FEEL ADRIFT



BRIDGE THE GAP

☞ If you have a concern, bring it up sooner rather than later. Use **“I” statements** like “I haven’t seen you around much lately.” Make it clear that they can talk to you about whatever they might be feeling or going through.

☞ **See if your loved one is getting the care they want or need.** If they’re not, help them find it. Offer to give them a ride to an appointment.

☞ If they don’t want to talk to you about it, make sure there’s someone they can talk with. Encourage them to talk to people who have had similar experiences.

☞ **Continue to include them**, but don’t be overbearing. Treat them with respect, compassion, and empathy.

☞ **Set clear boundaries** about who you can talk to about their health (parents, friends, etc). Find out from them or others what has helped them in the past.

☞ Be available and willing to help them with everyday tasks. Support your loved one’s healthy behaviors.

☞ **Take care of yourself.** Don’t try to take over your loved one’s life or fix their problems yourself. Offer emotional support, understanding, patience, and encouragement.

☞ **Ask for help if you need it!** Helping your loved one shouldn’t make you feel adrift. You’re not alone in helping.

Sources: mentalhealth.gov, nami.org, activeminds.org

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