



COVENANT
WORKPLACE SOLUTIONS

mindful minute



What Should I Do if I'm Worried About a Friend or Relative's Mental Health?

By Luba Bijelic, MA, LMHC, NCC

Watching a friend or family member struggle with their mental health can be deeply concerning. You may find yourself wanting to help but unsure of where to start. Fortunately, there are steps you can take to offer support and encouragement. In this blog post, we will explore practical strategies on how to assist a loved one during their mental health journey.

1. Initiate a Compassionate Conversation:

Approaching your loved one with genuine care and empathy is an essential first step. Find a suitable moment to express your concerns calmly and without

judgment. By creating a safe space for them to share, you validate their emotions and demonstrate your willingness to listen and understand [1].

2. Offer Your Unwavering Support:

Make it clear to your loved one that they are not alone. Assure them that you are there to support them through thick and thin. Offer practical assistance, such as helping them find appropriate resources or accompanying them to appointments if they desire [2].

3. Educate Yourself:

To better understand and support your loved one, it's crucial to educate yourself about their specific mental health condition. Research reputable sources read books, and attend workshops or support groups. This knowledge will enable you to comprehend their experiences on a deeper level, ultimately enhancing your ability to provide meaningful assistance [3].

4. Encourage Professional Help:

While you can be a valuable source of support, it's important to recognize the importance of professional intervention. Encourage your loved one to seek help from a mental health provider, emphasizing that professional guidance can make a significant difference. Offer to assist in locating a suitable provider and offer to accompany them to appointments, if they are receptive to your support [4].

5. Prioritize Self-Care:

Supporting someone with mental health challenges can be demanding, both emotionally and mentally. Remember that you cannot pour from an empty cup. Take care of your own mental health needs, engage in activities that rejuvenate you, and seek support from friends, therapists, or support groups when necessary [5].

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February Flossing Freshness!



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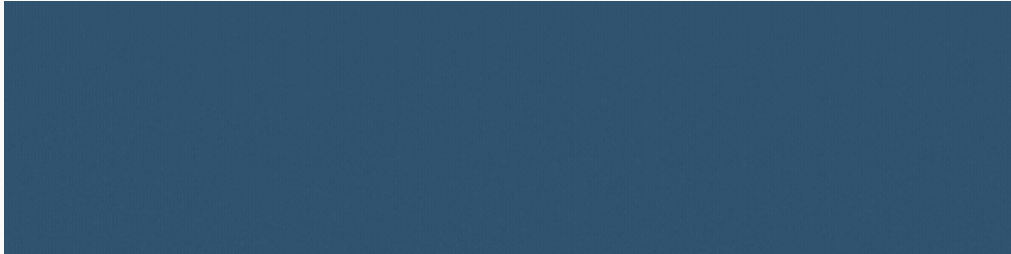
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