

5 WAYS FAMILY MEMBERS CAN PROMOTE MENTAL WELLNESS

1 Listen, ask questions & be understanding

Even if you don't agree with your loved one's choices, now is not the time to say so. They need you and are welcoming you in, so show them compassion.



2 Let them know you care

Let them know that you care about them and what happens to them, and that you are there for them.

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3 Encourage them to seek help

If they don't want to seek help, find out why, but don't get confrontational about it.



4 Offer practical support

Offer to help them with tasks they may be struggling with, or invite them to spend time with you and/or with others..

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5 Provide balanced support

Your family member is more likely to thrive when they are allowed to take responsibility for their own lives, so avoid taking complete control.



Is someone you care about struggling? **We can help.** Visit us online or call 757-758-5106.



24-hour Region Five Crisis Line -
757-656-7755



Visit us online at www.wtcsb.org.