Wellthy

Supporting Someone Who Struggles With Mental Health

Caring for a loved one battling mental health can be an overwhelming responsibility. Not only is it important to be able to recognize the warning signs that they are struggling, but also to support them in finding coping mechanisms or appropriate professional help.

Our team of care experts shared some advice below on how to support and care for a loved one's mental health.

✓ Educate yourself

Attend support groups or read firsthand accounts to learn about the struggles that come with battling mental health. Hearing about others' experiences will help you get a better sense of understanding, empathy and compassion for your loved one. You can also ask medical providers about local resources or attend virtual webinars.

✓ Recognize the signs

Poor mental health can manifest through a variety of behaviors, such as mood swings, self-isolation, and poor hygiene. Knowing about the different ways mental health troubles can show up will help you determine if and when to address it with your loved one, even if it's just to let them know that you are there for them.

✓ Hold space without judgement

When it comes to navigating conversations about someone's mental well-being, be mindful of your tone and approach. Find an appropriate time to have a discussion, like on a walk or during a meal, where you can express your concerns, offer to help, or just be an ear to listen.

✓ Check-in often

Symptoms of conditions like anxiety and depression include withdrawal from social interaction. That's why it's important to invite your loved one to do simple activities, such as taking a walk or watching an uplifting movie. If they deny your invitation, remember not to take it personally.

✓ Practice your own self-care

Take the time to check-in with yourself often and lean on your own support system to preserve your mental, emotional, and physical well-being too.
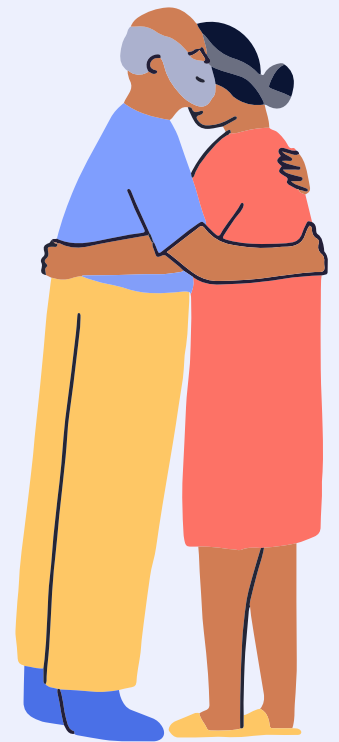
Need help caring for a loved one, or for yourself?

Visit **wellthy.com/exelixis** to connect with a dedicated care expert who can take caregiving tasks off of your to-do list.