

# 10 WAYS FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH

## TIPS AND ADVICE



Regularly check in with each other by asking simple questions (E.g. how are you feeling today?)

1



Don't be afraid to talk openly about your mental health

2



Support and listen genuinely to each other. Care for each others feelings and emotions

3



Be a positive role model. Practice self care among your family members

4



Schedule in some family time to relax and take care of your mental health

5



Stay in touch with each other. A text or email can go a long way

6



Show your family member that you are there for them

7



Take time to understand what it is your family member is going through

8



Be patient. Don't criticise and be aware of how you talk to your family member. Encourage and support.

9



Tell them that you are proud of them for talking about their mental health

10

