

UNDERSTANDING MENTAL HEALTH

How to help a LOVED ONE struggling with their mental health

- Avoid judgment about their behavior. Remember that mental health problems are not a sign of weakness or bad karma.
- Be open minded and start a conversation.
- Spend time with them doing activities that you enjoy together so they don't feel isolated.
- Encourage them to talk to a professional. It's just like talking to your regular doctor about your physical health.
- Be patient. Healing takes time and is not linear. 

