## 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 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.

Moon, A., & Cho, I. (2012). Psychology of Asian American older adults: Status, challenges, and strengths. In E. C. Chang & C. A. Downey (Eds.), Handbook of race and deve mental health (pp. 189–206). Springer Science + Business Media. https://doi.org/10.1007/978-1-4614-0424-8\_11

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