

如何帮助正在遭受精神健康困扰的亲人:

- 理解什么是精神健康
- 避免对他们的行为进行评判。
- 铭记，精神健康问题并不代表软弱或是报应。
- 保持开放的心态，并开始一场交流与对话。
- 投入时间与他们一起做你们都享受的活动，这样他们不会感到被孤立。
- 鼓励他们与专业人士交谈。这就像和常规医生谈论他们的身体健康一样。
- 请保持耐心。康复需要时间，而且是非线性的

References and Acknowledgements

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