

Plain text version - Mental Health Infographic

(This version captures the essential information and provides accessibility for those who may require text instead of visuals.)

Understanding Mental Health

Visual description - An elderly couple embracing each other, symbolizing support, care, and empathy. The following text is presented beside this image.

How to Help a Loved One Struggling with Their Mental Health

1. **Avoid Judgment About Their Behavior:** Remember that mental health problems are not a sign of weakness or bad karma.
2. **Be Open-Minded and Start a Conversation:** Approach discussions with understanding and a willingness to listen.
3. **Spend Time with Them:** Engage in activities that you both enjoy to help them feel less isolated.
4. **Encourage Professional Support:** Suggest they talk to a mental health professional, similar to how they would consult a doctor for physical health concerns.
5. **Be Patient:** Healing is a journey, and progress may not be straightforward or immediate.

References and Acknowledgements

- 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 Mental Health* (pp. 189–206). Springer Science + Business Media.
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