

HOW TO SUPPORT YOUR FRIENDS AND FAMILY

Think about mental illness like you think about physical illness. Pretty much everyone will get a cold now and then, but only some people get pneumonia. In the same way, feelings like stress, sadness, and anxiety happen in everyone sometimes, but when they're intense, prolonged, and interfering with other parts of a person's life, that might be a sign of a mental health problem.

Just as people need to take medicine and get professional help for physical conditions, someone with a mental health problem may need to take medicine and/or participate in therapy in order to get better.

START BY LEARNING MORE

Knowing more about mental illness can make you better at seeing the early signs of a problem, which could help your loved one get treatment sooner.

Learning also leads to more understanding and compassion for your loved one.

More about how to support friends and family on the back!

