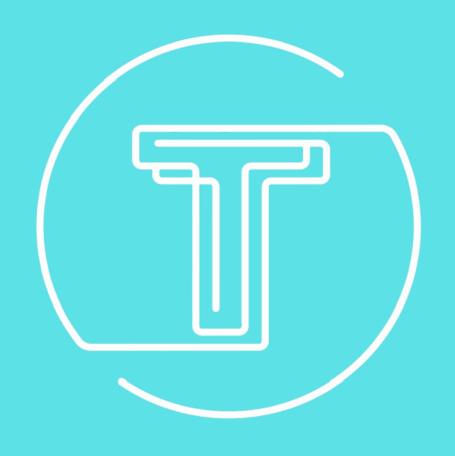
TRANQUILITYTELEPSYCHIATRY

TIPS FOR SUPPORTING YOUR FAMILY MEMBER OF FRIEND



Your Supporting a family member or friend with a mental illness:

- 1. Listen without judgment.
- 2. Show empathy and understanding.
- 3. Learn about their mental illness.
- 4. Encourage professional help.
- 5. Be patient and avoid giving advice.
- 6. Help with practical tasks.
- 7. Stay in touch regularly.
- 8. Take care of yourself too.

