

How Can I Help a Loved One Who is Struggling with their Mental Health?

Everyone wants to feel good, have their place in the world, and have a network that can offer a presence when needed.

Social support is one of the most important protective factors for mental health. It helps us:

- deal with challenges
- reduce stress
- solve problems
- increase self-esteem

There are several strategies for helping a loved one who is struggling. These strategies must be adapted to the situation. Identifying each person's needs and expectations is a good start.

1 Establish and remain in contact

Communicating quickly and appropriately with the person is often the first step and the key to understanding what they are going through and knowing what can be done.

There are techniques you can use without being a professional such as active listening and nonviolent communication.

[Click here to learn more.](#)

2 Mobilize the person's strengths

- Help the person identify the social support they already have around them.
- Remind them of their strengths, what normally helps them feel better, solutions they have used in the past in similar situations. Encourage them to use these strategies.

Take time to acknowledge that the person trusted you enough to confide in you.

Social support can take the form of

emotional support:
listening and being empathetic

information sharing:
pointing to an aid resource

sharing material resources:
donating food

practical help:
helping with tasks at home, preparing a meal with the person

3 Talk about ways of taking care of their Mental Health

4 Encourage the person to get help as needed

5 Respect your limits

The important thing is to be kind and indulgent towards yourself!

Helping a loved one: a kind gesture for yourself and the other!



It's good for mental health

A campaign realized by



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