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Remember that it's all about the relationship.

The number one thing that can help someone with a mental health concern is care and support from family and friends. Never doubt that you can make a difference!

2



Apply the LEAP approach.

Developed by Dr. Xavier Amador, the LEAP approach will help you communicate more effectively with someone who is unwilling to accept treatment.

4 KEYS FOR HELPING SOMEONE WITH A MENTAL ILLNESS

3



Be patient.

If change does occur, it likely won't be on your timeline. Just as you can't talk someone out of having cancer, you cannot persuade brain structure or function to heal. You can only invite healing through empathetic listening.

4



Know your limits and put together a team.

Let go of trying to control anything other than your own actions, and make sure you look after your own health and safety through self-care or other supports.