

HOW TO SUPPORT A PERSON WITH MENTAL ILLNESS

There are a number of ways you can help a friend, relative or colleague who has a mental health problem.

Talking to someone is often the first step to take when you know they are going through a hard time. This way you can find out what is troubling them and what you can do to help.

Set time aside with no distractions.

Let them share as much or as little as they want to.

Don't try to diagnose or second guess their feelings.

Keep questions open ended.

Listen carefully to what they tell you.

Talk about their wellbeing.

Offer them help in seeking professional support and provide information on ways to do this.

Know your limits and seek professional help.



For assistance or more information, please contact the Platinum Health Mental Health Services on 014 590 1700 or alternatively, the EAP Counsellor Line 010 133 0525, which is available to members 24/7.