

Ten Ways to Help A Family Impacted by Mental Illness

- 1. Be Curious and Educate Yourself About Mental Illness**—Find out what it's like to walk in their shoes. Ask questions. Take a class.
- 2. Point People to God**—Be careful here. It will be essential to know where a person is in their faith. Don't point in a condemning way as if they have no faith or haven't prayed hard enough.
- 3. Pray Without Ceasing**
- 4. Extend Grace and Acceptance**—Let them know it's okay not to be okay. Please encourage them to show up even when they aren't put together. Families need community.
- 5. Show Up and Keep Showing Up**—Your presence is the best thing you can offer.
- 6. Be a Good Listener While Validating Their Pain**—By allowing the other person to talk, they may figure out the next step needed.
- 7. Direct People Towards Help**—Education, skills, and support are crucial for everyone in the family. Know what is available.
- 8. Be Aware**—Keep your eyes open and your awareness raised. Statistics show that 1 in 5 people are impacted by mental illness and 1 in 25 by severe mental illness.
- 9. Be Prepared to Have a Conversation About Suicide**—Visit our mental health resource page for the five steps in suicide prevention. Be prepared to ask.
- 10. Recognize the Entire Family Needs Support**—Mental health challenges do not solely impact the person with the illness.

*"We love because he first loved us."
1 John 4:19*

Speaker—Maree Dee

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