



# WELLNESS JOURNAL

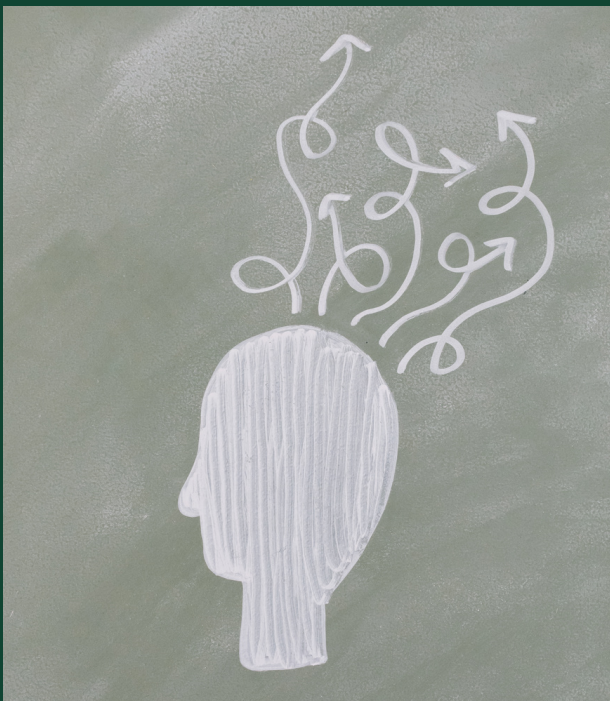
Support Mental Health

## SUPPORTING MENTAL HEALTH

*"No act of kindness, no matter how small, is ever wasted."*

~ Aesop

Understanding Mental Health is simple, just follow these steps:



### Understand Their Mental Health

Dive into learning about the mental health issues your loved one faces. This knowledge helps you provide informed support, recognise warning signs, and encourage appropriate actions.



### Check-in Regularly

Establish a routine of reaching out to your loved one with a quick text or call to show you care. Consistent check-ins offer comfort and stability, highlighting your ongoing support.



### Assist with Daily Tasks

Day-to-day responsibilities can be overwhelming to a loved one in a desperate place. Offer assistance with practical tasks to lighten their load. This can provide relief and create space for them to focus on their well-being.

