



WELLNESS JOURNAL

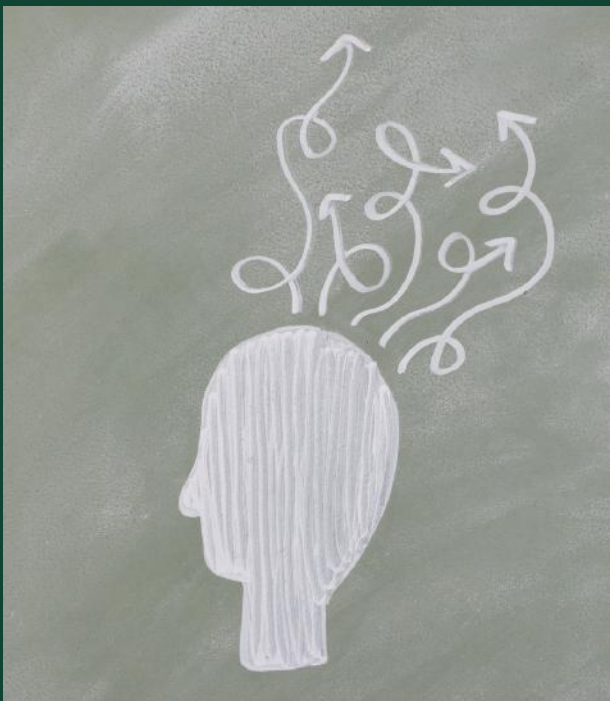
Support Mental Health

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.

