Supporting someone with their mental health

About 1 in 4 people experience mental health problems each year, so most of us will know someone who has struggled with their mental health.

We can all feel anxious, stressed or low at times, but it can be a problem if these feelings get worse, go on for a long time or affect our daily lives. If you know someone struggling with their mental health, there are many things you can do.

It can take time for someone's mental health to improve, and some of us may need professional help, but there are ways to help and support someone get back to positive mental health.

You might worry that you do not know the best way to help or will say something wrong and make things worse, however, the small things we say or do can make a big difference to someone. Just telling them you see their struggle can be important help. People can be afraid to let others know they are not coping, but being able to connect with others can be a relief.

Starting the conversation may be difficult, and it is normal to feel upset if someone you care about is struggling. However, it can help to stay calm and assure them they do not have to deal with things alone. You can also be there for them in other ways, like cooking for them, going for a walk or watching a film together. A chat may come more naturally if you are doing something together first.

Fear often prevents us from being open about our mental health difficulties. We can break down these barriers and talk more openly when we know more about mental health problems and how common they are.

If someone's mental health problems are affecting their daily life, they may benefit from further support. Tell them they have taken a vital first step by talking to you, and that it is now important they speak to someone.

Resources:

Supporting someone with their mental health

Helping someone else

How to cope when supporting someone

How to help a friend with mental health

Supporting someone with their mental health

https://www.mindwisenv.org/info-support/supporting-someone/

How to support someone with a mental health problem

https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem

Helping someone else (resources for adults)

https://www.mind.org.uk/information-support/helping-someone-else/

Supporting others (resources for 11-18y/o)

https://www.mind.org.uk/information-support/for-children-and-young-people/supporting-others/

Young Minds

https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health/