

Look after yourself

Supporting someone with a mental illness can be hard work, which is often ongoing and time consuming.

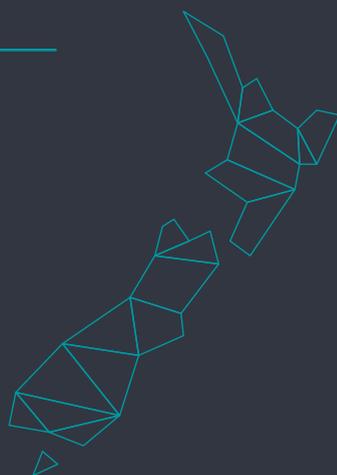
Make sure you find ways to look after your own mental wellbeing, which can include:

- talking with someone about your worries and concerns
- joining a support group for carers
- taking regular time out for yourself.

1 in 5

New Zealanders experiences a

mental illness in any one year



MEDIBOARD
Health Information for New Zealanders

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If you need to talk



If you need advice about your own mental health or to find the best way to support a friend struggling with their mental health, there are many services available to help.

- **Free call** or text 1737 anytime to talk with a trained counsellor.
- **Lifeline** 0800 543 354.
- **Healthline** 0800 611 116.
- **Depression Helpline** 0800 111 757 or free text 4202.
- **Youthline** 0800 376 633.
- **Samaritans** 0800 726 666.

Your health and your whānau's health is important

Information supplied by Health Navigator website, healthnavigator.org.nz. Health Navigator is a not-for-profit resource for the public and health professionals wanting trusted New Zealand health information. You can find out more about mental health on the website.

Visit our site
healthnavigator.org.nz

Health Navigator
NEW ZEALAND

Front Panel



STAY CONNECTED
MENTAL HEALTH

Have a friend or family member who's unwell?



Information about how to help someone with a mental illness:

healthnavigator.org.nz

Health Navigator
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Here's what you can do to help others



Learn about their illness

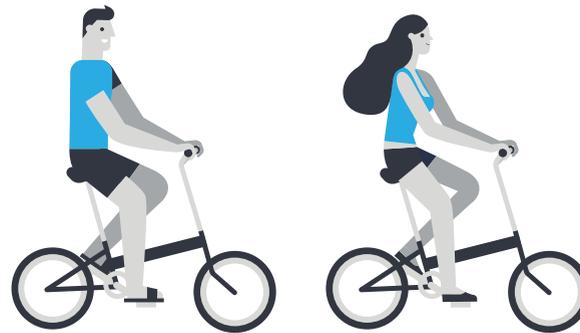
Understand more about your friend or family member's illness – what symptoms to look out for, what can trigger it and what the different treatment options are, including, but not limited to, medications.

If you know a bit about the complexity of what causes mental illness it can help you understand, and explain to others, why they can't just "snap out of it".

Mental illness isn't any different from a physical illness. If someone is diagnosed with heart problems, they wouldn't hesitate in seeking treatment. Mental health conditions are the same and should be talked about and treated just like a physical illness.

Keep them connected with friends and their community

Staying connected with people is important for everyone's mental wellbeing. If your friend or family member is finding it too overwhelming to meet up with other friends, organise a catch-up for just the two of you. If there's a community class or activity they usually enjoy but can't face going to, go with them. You might even find a new activity you enjoy for yourself! Encourage them to stay active.



Listen

Don't be afraid if you don't know what to say. It's better to admit you don't know than avoid them for fear of saying the wrong thing.

Usually, your friend just needs someone to listen to them and not pass judgement or offer advice. Make sure what they tell you is kept in confidence, unless you're worried for their safety.



Have realistic expectations



By understanding your friend or family member's condition it can help you know what you can expect of them, and what they can manage to do for themselves.

If you live with someone with a mental illness, expectations could be about getting up at the same time each morning, showering every day and helping with household chores. Expectations can change on a day to day basis depending on how they are coping.

Offer practical help

Your friend or family member might not be able to tell you what they need.

Practical help such as providing a meal, walking their dog or dropping their kids off at school can be a big help.

