

# 10 WAYS YOU CAN HELP YOUR FRIENDS & FAMILY WITH MENTAL HEALTH PROBLEMS:



## **Educate Yourself**

Learn about mental health conditions and addiction services.



## **Practice Empathy**

Approach the situation with empathy and understanding.



## **Offer Emotional Support**

Let your loved one know that you are there for them Without judgement.



## **Offer Healthy Coping Mechanisms**

healthy coping strategies such as exercise, meditation & creative outlets.



## **Make a Supportive Environment**

Encourage your loved one to surround themselves with support.



## **Encourage Professional Help**

Encourage your loved one to seek professional help.



## **Be An Active Listener**

Give your friend or relative a safe space to express their feelings.



## **Set Boundaries, Not Walls**

While it is important to provide support, it is also crucial to establish boundaries.



## **Avoid Enabling Behavior**

Enablement can inadvertently perpetuate addictive behaviors.



## **Take Care Of Yourself**

prioritize self-care & seek support from your own network.

## About Us

Norwich Private GP can provide help for people who are seeking help to overcome mental health problems and addictions by offering personalized care programmes for mental and emotional wellness coaching aimed at restoring health and wellness. Dr Nnene works with East Coast Recovery in Lowestoft, Suffolk who provide residential facilities for detoxification and rehabilitation.

## Mental Health Services

✓ Counseling

✓ Addiction Help

Call us for  
more info



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