How to Help a Partner with Mental Illness

BLUES & BEYOND
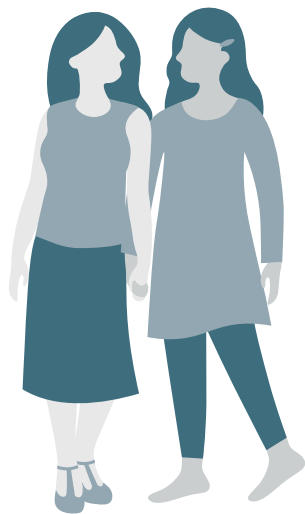SUPPORTING PERINATAL MENTAL HEALTH

Living with someone with a mental illness and trying to understand how to best support them can be tricky and overwhelming.

Here are a few tips on providing support:

EMPATHY AND VALIDATION

It may seem difficult to empathetic towards people or situations that you interpret as little concern. However, it is important to remember that we can feel empathetic towards others without comparing the severity of their situation to others. Validate their concerns are heard and normal.

EDUCATE YOURSELF

Each mental illness has it's own set of symptoms and treatments, and each person may present these symptoms differently. It is important to recgonize these symptoms and their triggers that may elicit them that are unique to the individual. Learning and understanding will create a sense of awareness and comfort for the individual.

UNDERSTAND IT IS NOT YOUR JOB TO "FIX" THEM

It is understandable to want to help your partner as much as possible but it is important that your responsibility is to support them on their healing journey and to not fix them. Do your best to validate their growth, encourage seeking help, and promoting a healthy lifestyle. This is a path they need to walk down on their own, but with your guidance.

ASK THEM WHAT YOU CAN DO TO HELP

Regardless of all the research you can do, beginning the conversation with your partner can create a sense of comfort. Simply ask questions regarding their symptoms, triggers, and ways to better support them in order to let them know you care. The best way to do what they need you to do is to ask them in the first place.

If you find yourself experiencing personal struggle and suffering, seek out your own support.

Supporting a partner with mental illness is hard and you deserve to provide your best support. Get help in order to provide help.