

How to be a supportive partner to someone who is going through a difficult time

Spouses or partners can play an important role to help their loved ones cope during a challenging time. You may be the first one they turn to for help.

Here are some tips on how to support your partner if they're struggling:

- ➔ Check in with your partner daily and ask how you can best support them
- ➔ Be non-judgmental: avoid comparing their mental health experience with others
- ➔ Encourage a healthy lifestyle, like keeping a regular fitness routine, and eating and sleeping habits
- ➔ Take care of your own mental health
- ➔ Lend a hand with everyday tasks
- ➔ Motivate them to do what they love
- ➔ Validate their feelings by making them feel seen and heard
- ➔ Understand what causes them stress
- ➔ Plan a fun night in or out



Sources: JAMA Psychiatry, National Alliance on Mental Illness (NAMI), Society and Mental Health Academic Journal