

SUNDAY MORNING Health Corner

Mental Health Advocacy

Mental Health Caregiving:

Support, Advocacy, and Resources

Caring for someone with a mental health condition takes patience, understanding, and knowledge. Whether you are a parent, partner, sibling, or friend, your role as a caregiver matters.

You may be the one driving to appointments, listening through the hard days, or helping your loved one make care decisions.

The more you know about mental health, the better you can support the person you care about. Caregiving doesn't mean you have all the answers. It means you show up, speak out and seize opportunities to learn along the way.

Take steps to support your loved one and yourself:

- Learn about your loved one's mental health condition and available treatment options.
- Challenge stigma by listening with empathy and creating a safe space for honest conversation.
- Find caregiver support groups and local resources to help you navigate this journey.

You deserve support too. Together, we can build stronger paths to mental health care in our communities.

Source: Mental Health America, Getting Started Guide for New Mental Health Caregivers (mhanational.org)

