



6 Tips for Offering Support to Those Facing Mental Illness

1

LEARN MORE

By learning more about the mental illness, you will be better positioned to empathise and advocate for the person facing mental illness.

2

RAISE AWARENESS

Many people suffer mental illness in isolation. By raising awareness, you may help to destigmatise mental illness and give people the opportunity to discuss their struggles more openly.

3

ASSIST PRACTICALLY

Those facing mental illness may need varying levels of practical support, depending on the severity of the mental illness. It is important to listen well to learn each person's practical needs.

4



ENCOURAGE

Mental illness can make it harder for brothers and sisters in Christ to remember what God says about who they are. Passages like Ephesians 1 can be helpful as you encourage one another.

5

RELATE

It's important to be intentional to include those who may become easily isolated for various reasons. You may invite someone to your home, find ways for them to serve according to their capacity, or go for regular walks.

6

BE REFINED

Helping those facing mental illness to be spiritually refined will look different from person to person. Understanding what spiritual growth looks like in each person may prevent wrongful judgement or impatience.

