

5 WAYS

TO SUPPORT

Your loved one during a mental health crisis

1

VISIT NAMI.ORG

FIND YOUR LOCAL NAMI

This step may seem overwhelming, but it is vital. Connect with your local NAMI group. They can provide you with free resources and support. You will see that you are not alone, and that group wisdom is invaluable.

2

TELL OTHERS

AN A-TEAM OF SUPPORT

Fight the urge of secrecy. You absolutely **MUST** have a support network among your family and friends, if possible. Be completely honest and transparent. Even if you don't know how they can help right now, be open.

3

GATHER INFO

ASSEMBLE A CRISIS FOLDER

In our Free Resources section on our website, you will find helpful downloads that can be used to assemble a crisis folder that you can keep on hand at all times. You can use the Treatment Locator tool to find local treatment facilities and programs.

4

TAKE NOTES

DOCUMENT EVERYTHING

Chances are that life is going to be pretty chaotic. While everything that is happening seems very vivid and may be easy to recall- details will start to blend together and get lost. Document everything. This will help your loved one. Even if you think you are going overboard, you never know when that level of detail will save them.

5

ADVOCATE

THEY NEED YOUR HELP

Be the voice for your loved one when they've lost the ability to use their own. Fight for the best treatment available. You are the expert in regard to their behavior. Communicate all that you know to the providers so that they can provide the best care possible. No HIPPA laws can keep you from sharing what you know first hand. Don't like the Dr./ARNP/Psychiatrist? Fire them!

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