

SOCIAL WELLNESS

There are many different kinds of relationships.

It can be tricky to navigate and find harmony in interpersonal connections, but once you find what's right for you, healthy relationships can be an incredible source of support and encouragement!

The Essentials

Communication is key.

Make sure everyone in the relationship always practices open, honest, and gentle communication.

Make respect a priority.

Honor each other and your unique views and feelings.

Be present.

Listen and be there in the moment.

Take care of yourself, too.

Self-care is essential. Know your limits and love yourself! Once you identify ways to promote your mental health, let others know how to help you.



If You Have a Mental Health Condition

Make time for your relationships. Put aside time specifically to connect with loved ones.

Set boundaries. Be clear about how others are allowed to treat you and any space you may need.

Be prepared. Make a crisis/prevention plan (even write it down!) so that everyone knows what to do if a situation feels like it's getting out of hand.

Make the effort. Try to get out there, even if you don't feel like it at first.

If a Loved One Has a Mental Health Condition

Educate yourself. Show respect by learning about your friend or loved one's condition.

Know when to ask for help. If you find yourself overwhelmed, seek professional support.

Practice compassion and patience. Avoid blaming and focus on positives. A mental health condition shouldn't define your relationship.

You do you. Remember it's okay to take a break and care for yourself.

RESOURCES

This **relationship guide** by MentalHealth.co.uk has a lot of great advice and tips for navigating all kinds of relationships: www.mentalhealth.org.uk/publications/guide-investing-your-relationships.

Remember **in-person support** such as therapists, psychiatrists, and relationship professionals are there to provide help for both of you.

You can call NAMI's **warmline** at 800-950-NAMI or text "NAMI" to 741741 for relationship help and support.

Feel free to reach out to the **DBSA Young Adult Support Group**: www.DBSAlliance.org/OSG



Depression and Bipolar Support Alliance

Brought to you by the **DBSA Young Adult Council**

The YAC promotes literacy and awareness of mental health conditions in young adults.

www.DBSAlliance.org/YAC