

**THIS**

**TOO**

A MENTAL WELLNESS  
COMPANION GUIDE

**SHALL**

**PASS**

When I first started writing this film, it began from a really personally place. I chose to write about an experience I had surrounding my relationship with my own mental illness. As I kept working on it, I realized it had the potential to evolve from something that was solely a reflection of my own experience to something more universal. This in turn could not only help individuals suffering from mental illness, but also their loved ones who attempted to provide them with support.

The goal of this project is to not only serve as a companion piece to *This Too Shall Pass*, but to provide support and assistance for those dealing with mental illness and those surrounding them. Within this zine, you will find a combination of resources and strategies to help yourself or others.

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# FOREWORD

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FIVE WAYS

YOU CAN HELP <sup>29</sup> <sub>30</sub>

SOMEONE ELSE

You may be able to prevent a serious episode of the illness before it happens. Symptoms of mania and depression often have warning signs. The beginnings of mania typically feel good and that means your family member may not want to seek help.

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Identify signals such as lack of sleep and speaking quickly that signal impending mania. A deep depression often only begins with a low mood, feeling fatigued or having trouble sleeping. **N**

# RECOGNIZE EARLY SYMPTOMS

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Not everyone enjoys confronting problems head on, but doing so is critical to healthy communication. Make time to talk about problems. But know that not just any time is right. For example, if your family member has bipolar II and becomes angry, it might be safe to try and talk through the situation.

But if your friend with bipolar I becomes angry, your reaction may need to be different. It's more likely that this anger will turn to rage and become dangerous, including physical violence. **V**

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# CONFRONT COMMUNICATE CONTINUE

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Even in situations where your family member or friend may “go off,” ranting at you or others, it’s important to remain calm.

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Listen to them and make them feel understood, then try to work toward a positive outcome. **N**

# REACT CALMLY AND RATIONALLY

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At the same time, remember that it takes time to heal from an acute episode. Allow your family member to rest.

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Offer him or her opportunities to ease back into routine activities rather than requiring participation. A gentle approach encourages recuperation. **N**

# DON'T PUSH TOO HARD

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A person with a mental health condition benefits enormously from having social support. Remind your family member that you're there to help and you're not giving up.

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When setbacks occur with one treatment strategy, look for alternative strategies. Try something new, and encourage your family member not to give up. A good life is possible. **V**

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**D O N ' T**  
**G I V E U P**

# RESOURCES

**This guide is not a replacement for a mental health professional. Please seek one if you feel it is necessary.**

Coping with the ups and downs of bipolar disorder isn't easy. But if you or a family member or friend is struggling, there is help. NAMI and NAMI Affiliates are there to provide you with support for you and your family and information about community resources.

Taken from the National Alliance of Mental Illness

Contact the NAMI HelpLine at 1-800-950-NAMI (6264) or go to [www.nami.org](http://www.nami.org) if you have any questions about bipolar disorder or finding support and resources.



## For more specific resources, please visit:

- <https://www.nami.org/Learn-More/Mental-Health-Conditions/Bipolar-Disorder/Treatment>
- <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition>
- 45 • <https://www.goodtherapy.org/blog/psychpedia/coping-mechanisms>
- <https://www.verywellmind.com/forty-healthy-coping-skills-4586742>
- <https://www.nami.org/Blogs/NAMI-Blog/January-2019/Self-Help-Techniques-for-Coping-with-Mental-Illness>

## SOURCE KEY:

- N**: Source from nami.org (National Alliance on Mental Illness)
- G**: Source from goodtherapy.org
- V**: Source from verywellmind.org