

## GET YOUR FAMILY INVOLVED

If you live with a partner or spouse, or have other children, try to get them involved in being an advocate for your child.



Keeping a happy and balanced family can be very helpful in reducing stress levels for everyone, which can help alleviate symptoms of mental illness. You may find that you deal with challenges and obstacles differently than them, but you should find ways to combine strengths to overcome any weaknesses. Be ready to compromise, listen and be open to new ideas.

## TAKE THE stigmafree PLEDGE

*Step 1*  
**EDUCATE  
YOURSELF  
AND OTHERS**



*Step 2*  
**SEE THE PERSON  
AND NOT  
THE ILLNESS**



*Step 3*  
**TAKE ACTION  
ON MENTAL  
HEALTH ISSUES**



## NATIONAL MENTAL HEALTH AWARENESS WEEK

OCTOBER 2-8, 2016



**LEARNING TO HELP  
YOUR CHILD AND  
YOUR FAMILY**



Kids Mental Health  
INTERNATIONAL PORTAL



**nami**  
National Alliance on Mental Illness