

A Bite of The Casserole #15

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"I live with Someone Who Has Mental Health Challenges"

You may live with someone or care deeply about someone who has mental health challenges. It's not always clear what to do.



Teri Effle from Region 5 Prevention Systems ran across this article in Buzz Feed News. Buzz Feed gathered twenty tips from readers with mental health challenges describing how their partners have been helpful to them. Here are a couple of them:

Be Sensitive to Triggers

"I have a difficult time with loud, unexpected noises, so before doing anything noisy — **whether it's crushing a water bottle or turning on the vacuum — my significant other warns me with a "Noise alert!"** It sounds silly, but it really means a lot to me."

They're Not Their Diagnosis

"I have Bipolar and Borderline Personality Disorder. **The best thing my fiancé has ever done for me is not let me wallow in my diagnosis. Basically, he won't let me become a diagnosis.** To him, I am Courtney, a woman full of love and laughter, and that pesky mental illness is something that we'll combat and overcome together."

Reassure Them They'll Be Okay

"Whenever my depression kicks in or I can feel myself about to panic, my partner will hold me and repeatedly tell me to breathe and that everything will be okay. Afterwards, we get smoothies because they're my favorite. **Sometimes you just need to hear that you'll be okay out loud.** A smoothie doesn't hurt either."

For more ideas go online to Buzz Feed News

https://bzfd.it/3ps7Pzm?fbclid=IwAR2RM0OxdbWbDpl_EMXrctHhpty1FY3Sn_xWrRmZ1iZMhFqmoXwMGLF8d2E



A whole casserole is too much so we offer **A Bite of The Casserole** every week or two. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region 5 Prevention Systems 1645 N St. Lincoln, NE. This piece is edited by Otto Schultz, so when something is wrong, blame him — OttoBSchultz@outlook.com