

11 ways to be there for a partner struggling with their mental health

1. Don't ignore it.
2. Start the conversation sensitively.
3. No toxic positivity allowed.
4. Resist the urge to give (unsolicited) advice.
5. Don't give ultimatums or threaten to leave.
6. Get clear on how they'd like to be supported.
7. Validate them.
8. Get vulnerable.
9. Foster empathy.
10. Make plans for something enjoyable.
11. Know your limits.