

# HEALTHY RELATIONSHIPS

## Self-care, Healing & Communication

Maintaining healthy relationships within the family is one of the most important ways to support recovery. However, it can also be one of the biggest challenges.

This section will provide some guidance on creating and maintaining the healthy relationships needed for a strong support system that fosters recovery.

### THIS SECTION WILL COVER:

- Self-Care Tips for Family Members
- Guidance for Family Members: Healing Relationships during Crises
- Guidance for Family Members: Disagreement about Treatment Needs
- Guidance for Family Members: Responding to Delusions
- *For additional tips on maintaining healthy relationships, visit the NAMI website: [www.nami.org/find-support/family-members-and-caregivers/maintaining-a-healthy-relationship](http://www.nami.org/find-support/family-members-and-caregivers/maintaining-a-healthy-relationship)*

**DISCLAIMER:** The information and examples in this section are meant to be used only as a guide. They may not apply to every situation. When you are not sure how to navigate certain situations, your best resource is a healthcare professional (ideally, a therapist, physician or peer specialist that knows your family's situation).

If you feel your loved one may be a **DANGER TO THEMSELVES OR OTHERS**, please review pages 46-47 of this guide.