

7 Tips for Protecting Your Family's Well-Being

1. Communicate Honestly & Openly

- Be honest about your family's strengths and vulnerabilities
- Have conversations about genetic predispositions (mental health, addiction, neurocognitive disorders etc.)
- Don't shy away from discussing suicide, sex, social media, and other concerns
- If you are struggling to have productive conversations engage an expert or explore books and other reputable programming to assist

2. Address Concerns, Big & Small, Swiftly

- Identify and address signs of a behavioral health issue swiftly
- Getting the right support as soon as possible can help create the best outcomes
- Waiting and watching is not a good strategy



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3. Prioritize Well-Being

- Mental health, clinical stability, and well-being must come first; other goals and achievements must be secondary

4. Use Crises as Opportunities

- Don't try to make them "go away" or sweep them under the rug
- Set clear, appropriate boundaries

5. Get Support for the Entire Family System

- Engage in family treatment and self-care of some form that includes siblings, children, and other impacted loved ones.
- Family involvement increases the chances for long-term success and should be a part of any state-of-the-art treatment plan



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6. Consider Proactive Planning

- State-of-the-art treatment and care plans prevent families from scrambling for resources and making crisis-driven decisions
- Planning should be guided by credentialed experts with experience in the specific issue/diagnoses
- Create a reasonable plan for financial support & consider trust distribution advisory services
- Take pressure of yourself and other family members by engaging third-party experts to facilitate conversations and planning

7. Healing & Fulfillment is Possible

- Recovery from mental health, addiction, and other challenges is possible with the right support
- Those with life-long disorders or end-of-life challenges can still live meaningful, fulfilling lives





Learn more about how OPG can help you or a loved one.

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617-934-1016

intake@oconnorpg.com

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response within 20 minutes

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