

---

MENTAL HEALTH

# Managing Mental Health Together

How to support a partner with depression, anxiety, or other mental health challenges without losing yourself.

---

Boundary Agreement Resource Library

Dr. Hines Inc. | [boundaryagreement.com](https://boundaryagreement.com)

This guide is a coaching resource, not therapy or counseling.

# Love Is Not a Cure

---

When your partner is struggling with depression, anxiety, PTSD, or other mental health challenges, your instinct is to fix it. Love harder. Be more patient. Take on more. And while support is essential, you cannot love someone out of a clinical condition. They need professional help. And you need to take care of yourself while they get it.

## **Educate yourself.**

Learn about your partner's condition. Not from social media. From credible sources. Understanding what they are experiencing reduces frustration and increases empathy.

## **Do not take it personally.**

When they withdraw, snap, cancel plans, or cannot get out of bed, it is not about you. It feels like it is. It is not. The illness is driving the behavior, not a lack of love for you.

## **Encourage professional help.**

You are their partner, not their therapist. Encourage them to see a professional. Offer to help find one. Offer to drive them. But do not try to be the treatment.

## **Set boundaries.**

Supporting a partner with mental health challenges does not mean accepting harmful behavior. You can have compassion and boundaries at the same time. 'I love you and I will not be spoken to that way' is a valid statement.

## **Maintain your own health.**

You cannot pour from an empty cup. Keep your own friendships, exercise, hobbies, and support systems active. Neglecting yourself does not help your partner.

## **Talk about it.**

Mental health is not a shameful secret. Talk to your partner about how their condition affects the relationship. Not to blame. To stay connected.

## EXERCISE: The Support Plan

Create this together when your partner is in a stable place.

**What does a bad day look like for my partner?**

---

---

**What helps them on a bad day? What makes it worse?**

---

---

**What are the warning signs that they need professional help?**

---

---

**Who is their therapist / doctor / support contact?**

---

---

**What do I need when they are struggling?**

---

---

**How will we check in about this without it feeling like monitoring?**

---

---

**IMPORTANT:** If your partner is expressing thoughts of self-harm or suicide, take it seriously. Call or text 988 (Suicide and Crisis Lifeline) or go to your nearest emergency room.