Take care of you.

Your loved one is in charge of himself or herself.

You are the support person, not the therapist.

Own up to your own stuff.

Remember depression whisper lies.

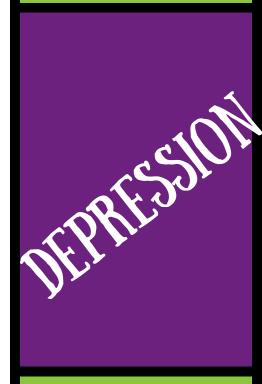
Recognize the anger involved.

Compassion doesn't erase consequences.

God is the Great Healer.

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When Someone You Love Has



and YOU are Going Crazy