

PRESS RELEASE

HOPE Changes Lives: Help, Offer, Partner, Erase

It's human nature to overlook or even become fed up with the complaints or uncomfortable behavior of those close to you. But when a colleague or loved one exhibits symptoms of a mental health disorder, you can be the safety net that prevents them from falling into a state of hopelessness.

The task of offering support can be challenging and exhausting, no matter how much you love and care about the one with the mental disorder. Following a guideline can make that task much simpler and that's the goal of the acronym HOPE:

- **HELP** increase awareness and acceptance of their diagnosis
- **OFFER** ideas they may not be aware of
- **PARTNER** with them to increase their ability to recover
- **ERASE** stigma that deters recovery and prevents many from seeking help

Carol Kivler is a popular mental health speaker, author of 4 books and international executive coach/consultant. And she is an expert on depression having been hospitalized for four serious bouts of clinical depression. Through the support and association of others offering HOPE, Carol was able to reach and sustain recovery. She then made it her mission to educate the masses.

Whether the support system is family, friend, co-worker or even healthcare professional, Carol offers guidance to those who often have the toughest job – taking care of a person with a mental disorder. By treating them as a fully functioning individual and taking a genuine interest in their life, you can be an integral part of their recovery.

Those suffering from mental illness need to know that recovery is not only possible - it's *probable*. HOPE changes lives.

Contact: Carol Kivler 609-882-8988 or Karen Meltzer 609-897-9442
Or visit www.carolkivler.com