

5 WAYS TO SUPPORT A LOVED ONE WITH DEPRESSION

If you think a loved one is suffering from depression, you may be confused about how to help them. Here's how to recognize depression and tips for lending a helping hand.

If you, your child, or someone you know are thinking about suicide or self-harm, call or text 988, the Suicide & Crisis Lifeline or go to the nearest hospital emergency room.

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Warning signs

- Feelings of sadness or hopelessness.
- Easily irritable or frustrated.
- Less interested in activities that once brought them joy.
- Sleeping more or less than usual.
- Eating more or less than usual.
- Difficulty concentrating.

What to do

- **Start an honest conversation.** Voice concerns in a non-judgmental manner. Let your loved one know you care and are concerned. Let them respond and express their feelings.

- **Encourage treatment.**

Depression is treatable and, with the right approach, your loved one can get better. Help them find a mental health provider, schedule an appointment and accompany them to the visit.

- **Offer assistance.** Let your loved one know they are not alone. If they are feeling overwhelmed, pitch in to help with everyday activities like grocery shopping or laundry.
- **Lead by example.** Invite your loved one to join you in healthy activities, like walking or cooking a nutritious meal.



Reminder

Take care of yourself. Your mental health is important, too. You won't be able to give your loved one the support they need if you're feeling depleted.

Resources

- For non-crisis emotional and coping support, call the **National Alliance on Mental Illness (NAMI) Warmline** at **877-840-5167** Monday-Friday, 1 p.m.–4 p.m. or 5 p.m.–9 p.m., or Saturday, 5 p.m.–9 p.m. The warmline provides emotional support and non-judgmental listening from a peer with life experience.
- Anyone experiencing a suicidal or mental health crisis can call, text or chat **988** to access the **Suicide & Crisis Lifeline** for immediate crisis support and connection to local community therapeutic resources.

