

HELPING SOMEONE WITH DEPRESSION



Helping someone with depression involves providing emotional support, understanding, and practical assistance. Here are some effective ways to support someone who is experiencing depression:

- **Listen Without Judgment** - One of the most important things you can do is to listen to the person without judgment or criticism. Allow them to express their feelings and thoughts freely. Show empathy and validate their emotions by acknowledging that their feelings are real and significant..
- **Encourage Professional Help** - Ask the person to meet with a therapist, counselor, or psychiatrist. Offer to help them find a mental health professional and, if they are comfortable, accompany them to their appointments. Remind them that seeking help is a sign of strength, not weakness.
- **Stay Connected** - Maintain regular contact with the person through calls, texts, or visits. Isolation can worsen depression, so staying connected can provide a vital lifeline. Invite them to social activities, but be understanding if they decline or cancel plans.
- **Don't Minimize Their Feelings** - Avoid making dismissive or minimizing comments such as "Just think positive" or "You have so much to be grateful for." Such statements can make the person feel misunderstood and invalidated. Instead, acknowledge their pain and offer your support.

If you or someone you know is considering therapy, call us. We are here to support, educate, and provide exceptional care.

WE CAN HELP.

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at