



# How to Help A Loved One Struggling with Depression

## Be there

This might seem like a given but often what people need the most when depression sets in, is for you to just BE. Struggling with depression can leave you with an aching loneliness but a desire to not really want to talk about it. Sit...Be...Comfort



## Be Active

Depression can leave you feeling like you have the weight of the world on your shoulders and you can not cope with day to day life. If your friend or family member is willing, step in and help with small tasks that need to be done like cooking dinner, offer to watch the kids or help with the housework.



## Avoid Unsolicited Advice

You might think you are being helpful when you offer suggestions and tell your friends/family to just 'toughen up' but it can make them feel like a failure for struggling. Avoid making helpful suggestions like getting fresh air or "happiness is just a state of mind". They have heard it before.



## Know When to Get Help

Sometimes, no matter how much we want it to, the reality of depression does not always go away on it's own. Encourage the person close to you to seek therapy and make sure you don't make any offhand jokes stigmatizing seeking help. If you feel like your loved one is suicidal, please get help right away.