



Helping a Loved One With Depression

Dealing with depression in a family member or friend may feel like an overwhelming task. But with treatment, 85 to 90 percent of people fully recover. Keep that in mind, and keep reassuring your loved one that with time and help, they will feel better.

Step 1: Help the person get treatment.

- If he/she is suicidal, seek immediate help.
- If the person resists seeking treatment and is not suicidal, be patient and supportive.
- Identify a doctor for him/her.
- Make a doctor's appointment for him/her and accompany him/her.
- Monitor their medication. Encourage the person to stick with treatment. Stay in touch with his/her doctor about his progress or any medication side effects.

Step 2: Offer support during and after treatment.

- Be understanding. Do not give up on him/her, or he/she might give up.
- Offer encouragement.
- Engage him/her in conversation and listen.
- Do not disparage his/her feelings.
- Never judge or act like you *know* how he/she feels.

Step 3: Help him rediscover the joys of life . . . slowly.

- Offer diversion and companionship.
- Encourage his/her participation in other activities he/she once enjoyed.
- Be gently insistent if your invitations are refused, but do not push the depressed person to undertake too much too soon.

©2002 Achieve Solutions

Call ValueOptions today.
(800) 700-8646

