

Supporting Someone with Depression

Key Symptoms of Depression:

- Persistent sadness or empty mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite or weight
- Difficulty sleeping or oversleeping
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Difficulty concentrating, making decisions, or remembering
- Thoughts of death or suicide

Supporting someone with depression:

1. Be Present: Show that you are listening by maintaining eye contact, nodding, and using verbal acknowledgments like “I see” or “I understand.”

2. Avoid Interrupting: Let them speak without interruption, offering them the space to express their thoughts and feelings fully.

What can you say to show support?

Examples

- *“I’m here for you.”*
- *“Your feelings are valid.”*
- *“You don’t have to go through this alone.”*

3. Offer Help with Tasks: Assist with daily tasks that may feel overwhelming, such as grocery shopping, cleaning, or cooking.

4. Encourage Healthy Habits: Gently encourage activities that promote well-being, such as exercise, healthy eating, and regular sleep.

5. Accompany to Appointments: Offer to go with them to doctor's appointments or therapy sessions.