

Five ways you can support someone with depression



Be ready to listen

Let your loved ones know that you're there for them, to hear them talk about how they feel without judgment. Make sure to acknowledge how they feel and to respond with empathy.



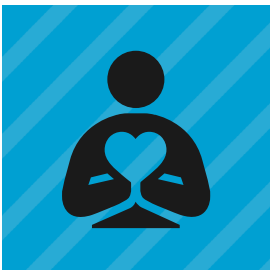
Help them stay in therapy

On difficult days, your loved ones may feel like therapy or medication is ineffective. Remind them of how much better they feel after a session. If they are concerned about the side-effects of their medication, support their decision and suggest asking their psychiatrist for a new prescription.



Learn about depression

Clinical depression can take many forms – for some, it can manifest as anger and irritability, while others experience physical symptoms such as fatigue. The more you understand about depression, the better equipped you are to help someone cope with the condition.



Practice self-care

Balance your commitment in helping your friend through their depression with keeping your own needs met. One way to achieve this is to set boundaries for when you can attend to their concerns personally. Another is to involve others and increasing the support network available.



Be patient

Treating depression can take years or a lifetime, even with medication. Be patient and don't pressure loved ones into thinking they aren't making any progress. Acknowledge the difficulty they're going through and encourage positivity without dismissing their feelings.

Source: How to Help a Depressed Friend

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