



## Helping a Loved One Who Is Depressed

The National Institute of Mental Health offers the following suggestions:

- Offer support, understanding, patience and encouragement.
- Never ignore comments about suicide, and report them to your loved one's health care provider or therapist.
- Invite him or her out for walks, outings and other activities.
- Help the person adhere to his or her treatment plan, such as by setting reminders to take prescribed medications.
- Ensure that he or she has transportation to therapy appointments.
- Remind him or her that, with time and treatment, the depression will lift.

We also suggest that you:

- Educate yourself about depression and the treatment(s) being recommended.
- Take the initiative to check on your loved one regularly. Do not wait for him or her to contact you.
- Stay in touch with other family members and friends who are involved in supporting your loved one.