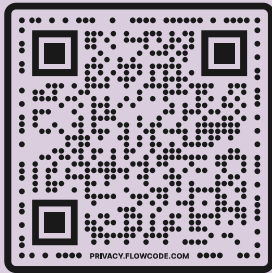


Supporting Someone With DEPRESSION

Supporting someone with depression can be challenging, but your care and understanding can make a significant difference. Here are some ways to provide support:

Scan for resource

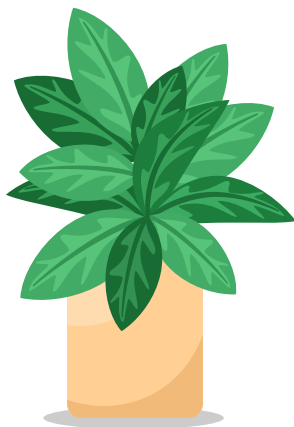


EDUCATE YOURSELF

- Learn about depression to understand what the person you care about is experiencing. The more knowledge you have, the better you can support them and avoid relying on misconceptions about depression. Here is a good resource to get you started: <https://www.nimh.nih.gov/health/topics/depression>

LISTEN WITHOUT JUDGMENT

- Create a safe space for the person you care about to express their feelings. Listen actively without interrupting, offering advice, or trying to “fix” the problem.
- Validate their emotions by acknowledging their struggles even if you don’t understand them. Phrases like “That sounds really tough” or “I’m sorry you’re going through this” can be helpful.



OFFER PRACTICAL SUPPORT

- Help with day-to-day tasks like cooking, cleaning, or running errands, as depression can make these activities overwhelming.
- Encourage them to seek professional help. Offer to help them find a therapist or accompany them to appointments if they’re comfortable with that. If they are enrolled at Concordia TX, direct them to counseling services as they are available at no extra cost for all enrolled students.
- If they are already receiving treatment, encourage them to be consistent in attending their appointments and to be honest with their counselor/therapist about how they are feeling.

ENCOURAGE HEALTHY HABITS

- Gently suggest activities that might improve their mood, like taking a walk outside, eating nutritionally diverse meals, journaling, art, or engaging in hobbies they enjoy.
- Encourage small steps towards these activities without pushing too hard; even small actions can be helpful.

BE PATIENT AND CONSISTENT

- Recovery from depression is a gradual process with ups and downs. Be patient and avoid expressing frustration if they don’t seem to be improving quickly.
- Check in regularly, even if it’s just to say you’re thinking of them. Being consistent in your support can be very helpful in reminding them they are cared for.

RESPECT THEIR BOUNDARIES

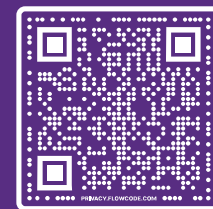
- While it’s important to stay connected, also respect their need for space. If they’re not up for talking or hanging out, let them know you’re there when they’re ready.

AVOID MINIMIZING THEIR EXPERIENCE

- Avoid saying things like “Get over it” or “Lots of people have it worse” These comments, though often well-intentioned, can make them feel misunderstood or isolated.

TAKE CARE OF YOURSELF

- Supporting someone with depression can be emotionally draining. Make sure you’re also caring for your own mental and emotional health. Seek support from friends, family, or a counselor if needed.
- Set boundaries to protect your own well-being. It’s okay to step back when you need to recharge.



Scan for resource



BE ALERT TO WARNING SIGNS

- If you notice signs of worsening depression or suicidal thoughts, take it seriously. Encourage them to seek immediate help and consider contacting a mental health professional or a crisis hotline. For more information on suicide prevention and crisis lines: <https://www.concordia.edu/resources/counseling-services/suicide-prevention.html>