

# Depression:

## Tips for Family and Friends

You may know someone close to you who is depressed. What can you do to help the person? What can you do to help yourself avoid burnout?

### How to Help a Person with Depression

- Learn the signs of depression.
- Offer support and hope. Be patient.
- Listen carefully.
- Don't ignore talk about death or suicide. Tell the person's healthcare provider immediately. Do not leave the person alone.
- Understand that depression is a real illness and not just a state of mind.
- Help the person seek and stay in medical care.
- Help the person stick with his or her treatment.



### How to Take Care of Yourself and Help Avoid Burnout

- Accept your feelings.
- Get the support you need. It may help to talk with others who help care for someone with depression.
- Talk with your provider. Your health is also important.
- Manage your stress level.
- Eat right, exercise, and get plenty of rest.
- Make time for yourself.

**Stay informed. Ask a healthcare provider for more information about depression. Be sure to ask for help when you need it.**

