

Depression

Depression - Starting the Conversation: Brought to you by Aurora EAP



Depression can be hard to talk about. But if a friend or loved one is depressed, having a conversation about getting help can make a big difference. Use these tips to start talking.

SHOW YOU CARE

- “Tell me how you are feeling. I’m here to support and listen to you.”
- “I’m worried about you. I think you may need to talk to a doctor.”
- “Let me remind you of all the great things I love about you.”



OFFER HOPE

- “You aren’t alone. Many people suffer from depression, and it’s nothing to be ashamed of.”
- “Depression is an illness that can be treated. Getting help is the best thing you can do.”
- “Most people get better with treatment — even people who have severe depression.”

OFFER TO HELP

- “Let me help you figure out what’s going on. You can start by making an appointment with your doctor - or I can help you find someone else to talk to, like an EAP counselor, social worker or clergy member.”
- “Get help right away if you are having hopeless thoughts or are thinking about hurting yourself. You can call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) anytime.”
- “You can call or text me anytime if you need support or you just want to talk.”

For more information on how to help someone with depression, visit:

- <http://www.nimh.nih.gov/health/publications/depression/index.shtml>
- <http://www.nlm.nih.gov/medlineplus/depression.html>

Or, call us at Aurora EAP: 800.236.3231 for free, confidential guidance.

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