

For **Family and Friends**

You may know someone who is depressed (often sad or down). It may make you feel frustrated, or even sad.

What can you do to help them? What can you do to help yourself?

How to Help a Person with Depression

- Learn the signs of depression.
- Learn the signs of suicide.
- Understand that depression is an illness and not just a state of mind.
- Help them seek and stay in medical care.
- Help make a list of their medicines and who to call as needed.
- Help them stick with their treatment.

How to Take Care of You

- Accept your feelings.
- Join a support group. It may help to talk with others.
- Talk with your doctor. Your health is important also.
- Eat right, exercise, and get plenty of rest.
- Plan some fun time just for you!

This is general information only. Ask a doctor for more information.