



How you can help someone with depression

- Assist with finding appropriate treatment – make the appointment for the person with a psychologist, counsellor or GP
- Accompany the person to treatment
- Increase light in the person's environment
- Encourage exercise - go with the person if necessary
- Encourage any activity - outdoor if possible
- Assist the person to set achievable goals
- Encourage contact with other people
- Don't challenge the person's reality or try to "cheer them up"
- Help with normal activities if necessary ie personal hygiene, make-up, housework, etc.
- Show support - acknowledge their experience but don't allow the person to wallow in negativity
- Encourage the person to look for the pleasures and positives – even in small things
- Assist the person to plan with a daily activities schedule
- Encourage the person to find out more about depression. There are a number of good self-help books and websites for information. For assistance go to the www.reconnexion.org.au website.

reconnexion
Treating Panic, Anxiety, Depression and Tranquilliser Dependency