

Depression: *Finding support, understanding & resources to cope*



	How can I help myself if I am depressed?	How can I help a loved one who is depressed?
	<ul style="list-style-type: none"> • Try to do things that you used to enjoy • Be kind to yourself • Get proper rest 	An important first step is to help connect them to a health care provider or mental health professional
	Try to be active; exercise	Invite them out for walks, outings and other activities
	Try to keep your thoughts on helpful/positive things	Offer support, understanding, patience and encouragement
	Break large tasks into small ones	Help arrange transportation to therapy appointments, if needed
	Spend time with people you enjoy	Promote connectedness to family, friends and community
	Postpone important life decisions until you feel better	Remind them that, with time and treatment, the depression will lift
	Avoid self-medication with alcohol or with drugs not prescribed for you	Help them stick with the treatment plan, such as setting reminders to take prescribed medications
	Create a safety plan if you have had thoughts of harming yourself	Never ignore comments about suicide; report them to your loved one's health care provider or therapist

How can I help someone who has worsening depression that is being treated?

Worsening depression needs to be treated as soon as possible. Encourage your loved one to work with their doctor or mental health provider to develop a plan for how to manage their depression and what to do if it gets worse. **As part of this plan, your loved one may need to:**



Contact their provider to see about adjusting or changing medications



See a licensed counselor or psychologist



Take self-care steps such as eating healthy meals, getting an appropriate amount of sleep and being physically active

When to seek emergency help

Go to the nearest emergency room if the following occur:



Thoughts of self-harm or homicidal thoughts



Severe symptoms that threaten daily functioning or well-being



If the person refuses to seek medical attention and you consider them a danger to self or others, call 911

If you or someone you know is in crisis, get help quickly.



9-8-8
Call, text or chat 24/7 crisis counseling



Call the person's health care provider



Call 911 for emergency response



Go to the nearest emergency room

Other Resources



Confidential online screening

Take an online screening to learn more about your mental health, and receive recommendations and resources based on your responses.

bryanhealth.org/mental-health



Nebraska Family Helpline
888-866-8660

Notes
