

# Supporting The Depressed and Their Families

## What To Do And Not Do

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# How To Help Yourself

- Don't expect too much of yourself
- Take a break
- Get some exercise
- Avoid extra stress and big changes
- Eat a proper, well-balanced diet
- Let others comfort you
- If you cannot resolve depression yourself, don't wait, get professional help



# How To Help Yourself

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility
- Break large tasks into small ones, set some priorities, and do what you can as you can
- Eliminate the use of alcohol or drugs
- Expect your mood to improve gradually, not immediately. Feeling better takes time
- Attend a depression recovery group that is confidential



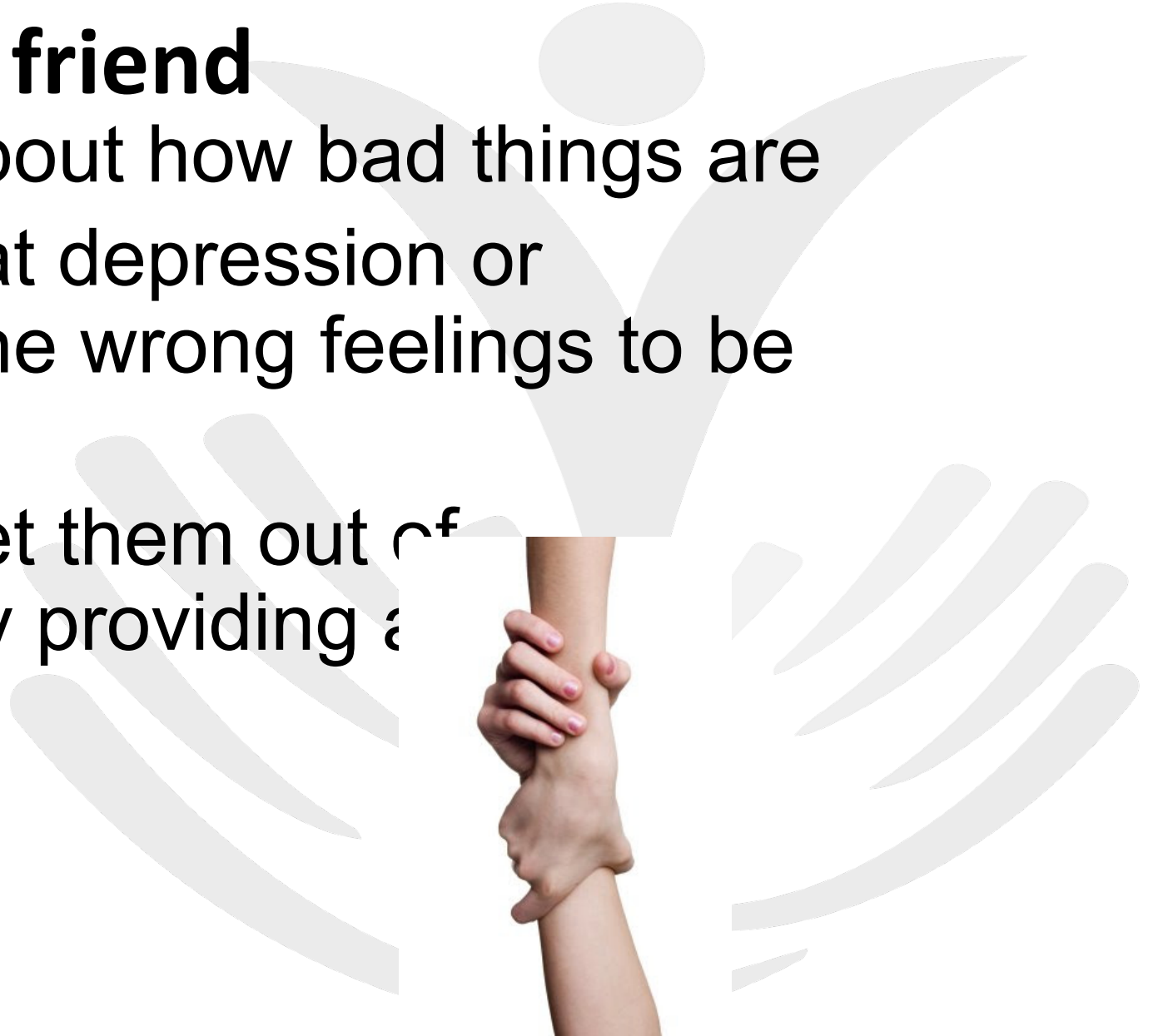
# Helping a Depressed Friend

- Avoid critical or shaming statements
- Empathize with feelings of sadness, grief, anger and frustration
- Don't try to "cheer up" a depressed person



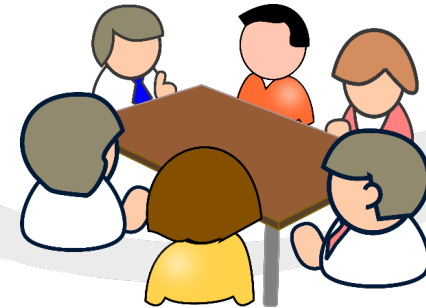
# Intervening with a depressed friend

- Don't argue about how bad things are
- Don't insist that depression or sadness are the wrong feelings to be experiencing
- Don't try to "get them out of depression" by providing a "help"



# When to Consult Professional Therapy

- When pain or problems outweigh pleasures much of the time
- When symptoms are so severe and persistent that day-to-day functioning is impaired
- When stress seems so overwhelming that suicide seems to be a viable option.



# TALKING TO A SUICIDAL PERSON

## 10 things NOT to say:

- “How could you think of suicide? Your life is not that bad.”
- “Don’t you know I would be devastated if you killed yourself? How could you think of hurting me like that?”
- “Suicide is selfish.”
- “Suicide is cowardly.”
- “You don’t mean that. You don’t really want to die.”

# TALKING TO A SUICIDAL PERSON

## 10 things NOT to say (cont.):

- “You have so much to live for.”
- “Things could be worse.”
- “Other people have problems worse than you and they don’t want to die.”
- “Suicide is a permanent solution to a temporary problem.”
- “You will go straight to Hell if you kill yourself”



# WHAT CAN I DO TO HELP A SUICIDAL PERSON?

- Ask the question, “Are you thinking about hurting yourself?”
- Take it seriously
- Remember suicidal behavior is a cry for help
- Be willing to give and get help sooner than later
- Listen and let the person talk
- If the person is acutely suicidal, do not leave him/her alone
- Do not keep their intention as “a secret”
- Urge professional help (211)

# Summary / Wrap Up

- Depression affects the brain and is paralyzing in nature
- Depression Causes must be explored to relieve depressive symptoms
- Helping ourselves by reaching out for help is necessary when depression is chronic
- God's compassion for the depressed can be expressed to friends who suffer, there are always alternatives to suicide



SAVE  
ME!

# My Next Steps To Recovery

My next steps to resolving depression are:

1. Talk to God
2. Implement Self Help principles
3. Ask for support from friends or groups
4. Consider Professional Help

