

# How to Broach the Topic of Depression with Someone You Love

- Become familiar with the symptoms of depression.
- Observe the person and make note of specific behaviors and/or attitudes that correspond with symptoms of depression
- Begin a dialogue with that person, indicating your concern. This should be done from a loving, compassionate perspective. Avoid condemnation or disapproval.
- Share your specific concerns and what you've learned about depression with the person.
- Listen to what and how the person responds.
- If the person admits to feelings of depression, offer your assistance in obtaining help. This could be supporting a phone call to a healthcare provider, offering a ride or to accompany the person to the appointment.
- If the person does not agree with your concerns, thank the person for listening and reiterate your concerns, including those symptoms you have observed. Offer to continue the dialogue in the future.
- Some people can view therapeutic counseling from a negative perspective. If this is the case, encourage the person to initially consult his or her primary care physician as a starting place for a professional discussion of the symptoms of depression.
- Consider working through the book together, as a way to increase knowledge and understanding, and be prepared to bear the load of encouragement.
- Keep your focus on providing support and encouragement instead of judging the other person.
- Be open and honest about your own struggles, attempting to find common ground wherever possible.

See *Turning Your Down into Up*  
by Gregory L. Jantz, PhD for more info.