

Talking to Family and Friends About Your Depression



Opening up to your loved ones can be hard, but it can be a positive step forward in taking care of yourself. Here are **4 Thought Starters** to help you get the conversation started:

1 Why it is important to talk with family and friends about your depression

- They can provide ongoing support and encouragement and be a safety net if times get rough
- Sharing with them can help reduce stress and improve your mood
- It's a good reminder that you are not alone in this and have support

2 Which family members and friends to talk to about your depression

- Identify those whom you feel closest to and who are emotionally available
- People who have been good listeners in the past and give hugs when you are feeling down might be good options to consider

3 When and where to talk about your depression

- Choosing the right time and place is important
 - Pick a time when you're feeling okay and want to talk
 - Select a casual setting:
 - Taking a walk
 - Playing a game
 - Having coffee

This will help take off some of the pressure of talking one on one.

4 What to share with family members and friends about your depression

- Think about what you want to talk about ahead of time
 - Maybe write down a few thoughts to help you prepare
- Share as much or as little as you want. It's completely up to you
- Let them know the specific ways they can pitch in to help you



Depression may make you feel like you're alone, but family members and friends can help!

The information on this page is not intended as a substitute for medical advice. Talk to your healthcare professional for more information and resources if you are feeling depressed. Seek professional help when needed.