

How to care for a person suffering from depression? PART-2

Encouragement to seek help

The only way you can help someone recover from depression is by encouraging the depressed individual to seek help. It can be challenging to get a depressed person into treatment. Making an appointment or finding a doctor can be difficult for someone who suffers from depression, which saps their energy and motivation. There is also a negative way of thinking in depression. It is possible for someone in a depressive state to feel that there is no hope and no treatment is effective.


To recover from depression, your loved one needs to understand that there is a problem-and see that it can be resolved.

Consider consulting a physician. There is a possibility that your loved one is less anxious about seeing a family doctor than a mental health professional. The doctor can make sure that there are no medical causes of depression by conducting a regular check-up. Psychiatrists or psychologists may be suggested to your loved one if the physician diagnoses depression. "Professional" opinions can make a big difference sometimes.

Take the depressed person with you on their first visit to their doctor or therapist to offer assistance in finding a professional. In most cases, finding the right treatment provider takes a lot of trial and error. For a depressed person already low on energy, having help making calls and researching options is a huge help.

Supporting your loved one's treatment

Your unconditional support and love during the treatment process is one of the most important things you can do for a friend or relative suffering from depression. In dealing



with depression, one must demonstrate compassion and patience, which can be challenging, given the hostility, negativity, and moodiness related to the disease.

Give the person whatever assistance they need (and are willing to accept). Stay on top of appointments, research treatment options, and help your loved one stay on track with treatments.

Be realistic in your expectations. Depressed friends or family members can sometimes be frustrating to watch, especially if progress is sluggish. Patience is a virtue. The recovery from depression does not happen overnight, even when you receive the best treatment.

Taking the lead is essential. Make the person's life healthier, happier, and more active by following these steps: Maintain a positive outlook, eat healthier, avoid alcohol and drugs, exercise, and rely on others for support.

Promoting activity is a good idea. You could go to a funny movie with your loved one or have dinner at your favorite restaurant together. Exercise is especially helpful for depressed people, so encourage them to exercise. One of the easiest options is to go for walks together. Do not lose heart or stop asking-be gentle and loving.

Contribute when you can. A person with depression may find it difficult to manage seemingly simple tasks. If you are able to assist with household duties or chores, go as far as you can without becoming overwhelmed.

