

Suicide Prevention

It's Every Body's Business!



*10 Ways to Show Love to Someone with Depression!

By Kelly Baker

"I've struggled with clinical depression since I was a child. It has been a constant companion I have learned to manage and while I am better now than I have ever been, every so often I feel it returning. I describe it to my husband as a 'demon eating my brain'. I have compiled this list from personal experiences that have been helpful to me. **It is not intended to replace *medical attention which can help many who suffer from this illness.***"

"If you have a partner or are close to someone who struggles with depression, you may not always know how to show them you love them. One day they may seem fine, and the next they are sad, distant and may push you away. It is important that you know that as a person who is close to them and trusted by them, you can help your friend or partner have shorter, less severe bouts of depression. Mental illness is as real as physical illness and your partner needs you as much as they would need to be cared for if they had the flu."

1. Help them keep clutter at bay.
2. Fix them a healthy meal.
3. Get them outside.
4. Ask them to help you understand what they are feeling.
5. Encourage them to focus on self care.
6. Hug them.
7. Laugh with them.
8. Reassure them you can handle their feelings.
9. Challenge their destructive thoughts.
10. Remind them why you love them.

*Go to www.thedarlingbakers.com/love-someone-with-depression

😊 ***We NEVER have 2 hurt alone!*** 😊

***Emergency 000. * Any Doctor. * Lifeline 13 11 14**

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