

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

'Sum1needsURLove?'

10 Ways to Show Love to Someone with Depression!



Note. The following is from Kelly Baker's U.S. website - Google* above. **It is NOT a Professional Help site** for depression or anything else, and it sells and endorses things. **For online Professional Help* go to beyondblue or Lifeline.**

However, I thought this one piece by Kelly was worth some exposure...

"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..."

"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."

This list* is expanded on website

1. Help them keep clutter at bay. *Unopened letters, unwashed clothes...
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. *Looking after themselves.
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.

😊 ***UNEVERhave2hurtalone*!** 😊

***Emergency 000, Any Doctor, Lifeline 13 11 14, Suicide Call back 1300 659 467.**

Advert created by Tim Barritt. **Funded by a caring Barossa Sponsor.**