

Play a role in a loved one's recovery

Helping someone with Depression

People with depression often avoid telling others due to a fear of being judged. Follow the steps below so you can support your loved ones who are suffering.

- 1 Tell them you care and listen to them
- 2 Accept them as they are, without judgment
- 3 Inform them of services available to support them
- 4 Be patient



For more information, please visit:
www.ypas.org.uk