

Helping someone with depression

Published on: June 24th, 2020

-Darshini Arunachalam

-Gargi College

A study reported in WHO, conducted for the NCMH (National Care Of Medical Health), states that at least 6.5 per cent of the Indian population suffers from some form of the serious mental disorder. Though there are effective measures and treatments, there is an extreme shortage of mental health workers like psychologists, psychiatrists, and doctors. The average suicide rate in India is 10.9 for every lakh people and the majority of people who commit suicide are below 44 years of age.

Depression and anxiety are so common that it's highly likely that at some point you'll know someone who might be experiencing it. It might be someone in your social circle, a team-mate or someone from your neighbourhood. People with depression and anxiety are more likely to get through with help and support than on their own.

Being depressed and anxious can be a really lonely experience. Sometimes the most important thing is having supportive people around or checking in. Having a coffee, watching television, calling or texting to say 'Hi' can help a lot. When you're feeling down, knowing that people are thinking of you can really lift your spirits.

Often when people are feeling bad they don't want to go out and do anything. Everything feels just too hard. So encouraging them to do something with you is a great support. It could be something small like watching funny video clips, listening to music or just sitting at a park. Think about something you both like to do.

If you think someone might be dealing with depression or anxiety, you might avoid them because you don't know what to do or say, or maybe you don't really understand what it's

all about. This can make it harder for them to get through it. Here are a few things you can keep in mind:

- Listen, more than talk. Really listen closely to understand how they're feeling
- Save your advice for later
- Try to ask open-ended questions like; "How are you feeling?" or "Why do you think that?"
- Offer reassurance and hope. Say things like "Thank you for telling me this", "There is a way through this", "I am here for you".

Please take any thoughts around suicide or self-harm seriously – and it is okay to talk about it. Don't leave someone alone if they say they feel unsafe.

If you think someone is having thoughts about hurting or killing themselves urgent help is needed. Contact a mental health expert immediately.

It's really important to make sure you have support for yourself when you are supporting someone else, as it can take a lot out of you. Talking to others who are in a similar situation may be helpful. You need to care for your own wellbeing as well as the person you are caring for, and feel OK about this. Make time and space to look after yourself. Make sure you find opportunities to relax, have fun and take a break when you need it. Talking to others who are in a similar situation may be helpful. Think about contacting a support network. Exercise and sleep are also critical.

All Articles

[Home](#)[articles](#)[events](#)[supcoming](#)[about](#)[join](#)

[Navigated to Helping someone with depression](#)