

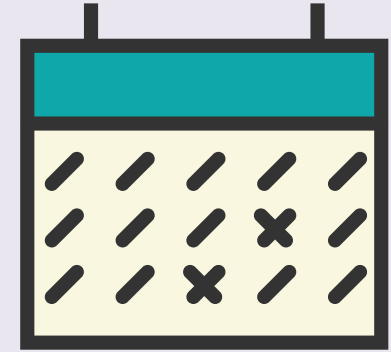
It can be hard to watch someone you love suffer from depression.



Depression is when your brain is not functioning as it should, very much like if you have a cold and do not feel as well as you usually do.



Depression may last much longer than a cold because brains are very complicated.



The parts of the brain that make up feelings are not sending the right signals in the right way and is no one's fault.



Depression can cause people to feel sad, lonely, angry, and tired.



Going to work or school and doing the fun things that used to cause happiness are harder to do, and this may affect relationships.



SUPPORTING A LOVED ONE WITH DEPRESSION

It is important to remember these feelings are not because of anything anyone else has done.



Try not to make someone who is depressed feel badly about how they are acting.



Try to say encouraging things and include them in your plans. "It's a beautiful day. Let's go for a walk in the park together."



Encourage those who are depressed to get help from a medical provider or counselor when needed.



The National Alliance on Mental Illness Helpline is 1-800-950-6264 or info@nami.org. They can help find a support group or provider.



Someone may feel so upset that they feel very, very hopeless. If you or someone you love talks about harming themselves, the National Suicide Prevention Lifeline is 1-800-273-8255.



This information sheet was developed by the Autism Services, Education, Resources, and Training Collaborative (ASERT). For more information, please contact ASERT at 877-231-4244 or info@PAautism.org. ASERT is funded by the Office of Developmental Programs, PA Department of Human Services.

