

EMPLOYEE ASSISTANCE PROGRAM

HOW TO HELP SOMEONE WITH DEPRESSION

Depression is a serious but treatable disorder. When someone you care about is struggling, your companionship and support can help them get on the road to recovery.

- **Learn to recognize the symptoms**—Educate yourself on symptoms such as losing interest in activities, expressing a negative outlook, and changes in sleep habits.
- **Encourage the person to get help**—Few people get over depression without some type of treatment. Offer to help make a list of their symptoms to discuss with a doctor or look for support groups.
- **Talk about it**—Start a conversation about why you are concerned and listen with compassion.
- **Watch for warning signs of suicide**—Talking a lot about death or giving things away is a very real danger when someone is depressed. Call 911 or emergency help if you think the person is going to harm themselves or others.

**EAP is here to provide you with compassionate and caring support.
Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.**

