

General Public: Persons Experiencing Depression

Action

It is important to reach out to persons with depression. Simply having a conversation can help the person feel less alone and more supported in their challenges with depression.

Provide a safe environment for the person to share his or her challenge. Encourage the depressed person to talk about their feelings, listen to their concerns and make them feel understood.

- **Remain calm and composed**

You may say

- *Take your time, there is no rush.*
- *I know this is difficult. I'll be here when you feel like sharing.*

- **Do not challenge their delusion**

You may say

- *What can I do to support you?*
- *I am here for you if you need help.*

You may say

- *Have you thought about getting professional help?*
- *What have you tried?*

Offer to accompany them so they feel supported



Remember to be patient and supportive. Do check in regularly. Consider involving their family or friend for social support.

Speech

- Use empathetic language

You may say

Would you like to share what is troubling you?

- Avoid making assumptions

Avoid saying

- *You're not trying hard enough.*
- *Just don't be sad, think happy thoughts.*

- Encourage emotional expression and validate their feelings
- Don't panic if you make a mistake

You may reattempt by saying

I'm sorry if I said the wrong thing. Can we start again?

Safety

Persons with depression are at risk of engaging in self-harm behaviour or in more severe cases, suicidal.

Check in with the person regularly to monitor their well-being. Provide resources such as hotlines or support groups that can offer additional help.

If the person expresses thoughts of self-harm, take immediate action to ensure their safety.

We can support the person by either contacting the relevant agencies or accompanying the person to the nearest emergency room.