

Talking About Depression: Conversation Starters

Depression is common: one in 15 adults experience depression in any given year and one in 6 will experience depression at some point in their life.

But depression can be hard to talk about. How can you talk to a family member or friend who is depressed? Healthfinder.gov provides these tips to start the conversation.



Show you care.

- “Tell me how you are feeling. I’m here to support and listen to you.”
- “I’m worried about you. I think you may need to talk to a doctor about depression.”
- “Let me remind you of all the great things I love about you.”
- “I really like to spend time with you. Let’s take a walk or go to a movie together.”

Offer hope.

- “You aren’t alone. Many people suffer from depression, and it’s nothing to be ashamed of.”
- “Depression is an illness that can be treated. Getting help is the best thing you can do.”
- “Most people get better with treatment – even people who have severe depression.”
- “There are different ways to treat depression, including medicine and talk therapy. Getting active might also help you feel better.”

Offer to help.

- “Let me help you figure out what’s going on. You can start by making an appointment with your doctor – or I can help you find someone else to talk to, like a psychologist (therapist) or social worker.”
- “I can give you a ride to your therapy appointment or remind you about taking your medicine.”
- “You can call or text me at any time if you need support or you just want to talk.”

Ask life-saving questions.

- “Have you felt hopeless or thought about hurting yourself recently? You can call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) any time.”

HOW CAN WELLNESS@WORK HELP?

- Identify community resources for you or your family
- Explore and develop strategies

Schedule an appointment through the W@W portal or call 919-968-2796
Your Employee Assistance Program is a great resource for assistance. Call 1-800-326-3864.

