

# HOW TO SUPPORT LOVED ONES WHO ARE STRUGGLING WITH ANXIETY & DEPRESSION

## 1 BE ENCOURAGING

Reassure your family member or friend that you care about them and remember to express support for them during difficult times. Understand that words of encouragement can have a positive effect on your loved ones mood.

You are doing  
**GREAT!**



## 2 ASK HOW YOU CAN HELP

Your loved ones may be hesitant to ask for help. But, that should not stop you from offering to help with everyday tasks. If you think your loved one may be in need of counseling, ask if they are getting the support that they need—if not, connect them to help.



## 3 LEARN MORE

Ask questions, listen and be responsive when your loved ones discuss the topic of mental health. Show them that you care about the challenges they face. Also educate others so they understand the facts about mental health and are more tolerant toward your loved ones.



## 4 ACCEPT STRESSFUL PERIODS

Understand that even though there will be stressful periods with your loved ones, they still deserve to be treated with respect, compassion, and empathy. Remember to remind them that help is always available and that these issues can be treated.



Learn more about helping [Friends and Relatives](#) manage anxiety and depression.

**ADAA**