



Mind Your Mental Health

Five tips to help someone who may be depressed

1. Educate yourself about depression, its symptoms and treatment options.
2. Put yourself in the person's shoes—don't judge or criticize.
3. Remember that the depressed person's behavior isn't indicative of the "real" person.
4. Be patient and let the person know that you will be involved in the treatment for however long it takes.
5. Offer hope in whatever form the person will accept it.

#MYMH

Magellan
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