

# Self Care

Having a friend with depression can impact your mental health. It is important to take care of yourself to ensure that you are emotionally healthy and also able to support your friend.

## LEARN YOUR LIMITS

Give yourself permission to take breaks. Find someone to talk to for yourself, whether that's a counselor or trusted adult.

## MAKE TIME FOR YOUR HOBBIES

Make sure you spend time to do the things you love to recharge.

## GET ENOUGH SLEEP

Monitor your energy level to make sure you are getting quality sleep. If you notice yourself worrying a lot a night, see *flow chart* for tips.

## EAT CONSISTENTLY

Make sure you are taking care of yourself by eating consistent, balanced meals.

## SPEND TIME WITH OTHER FRIENDS

Know that it is healthy to spend time with other friends and don't be afraid to encourage your friend to do the same.



# Resources

## 24/7 Hopeline

Text HOPELINE to 741741 if you need someone to talk to.

## 1-800-273-TALK

National Suicide Prevention Lifeline

## nami.org

NAMI: National Alliance on Mental Illness

## TheMighty.com

For helpful articles and networking



## Use this flow chart if you find yourself worrying...

Notice what's worrying you.

Is there anything I can do about it?

Yes

No

Can I do anything about it right now?

Let it go. This isn't your responsibility.

Yes

No

Do it! (Make a plan and follow through)

Let it go for now until you can.

# Being a friend to a teen with depression

# Good things to say to your friend

"I'm here for you."

"I care about you."

"You are so important to me."

"What do you need?"

"How can I help?"

"Thank you for telling me."

"I'm glad you told me that."

"Help me understand."

These are some suggestions that will make your friend feel loved and supported. Be sure to stay away from words that minimize their feelings in anyway like "It could be worse", or "it's all in your head"



## How to help if your friend is suicidal

IF YOU BELIEVE YOUR FRIEND IS IN IMMEDIATE DANGER

CALL 9-1-1

### TELL A TRUSTED ADULT

Tell a parent, school counselor, or other trusted adult right away. They can help manage the situation and contact a professional for help. Don't keep secrets to try to protect your friend, their life may be at risk.

### TALK TO YOUR FRIEND

Don't be afraid to talk to your friend. Chances are they could use someone to talk everything out with. Be sure to consider all the language mentioned in this pamphlet when deciding what to say.



*"Taking care of yourself doesn't mean me first, it means me too." -L.R. Knost*

## How to be there for your friend

### BE A GOOD LISTENER

Means giving your full attention and allowing them to say what they need to say without judgment. Try your best to stay calm even if what they're sharing is scary.

### ACT "NORMAL"

Many teens with depression say they like when their friends act normal around them, while checking in every once in a while.

### INCLUDE THEM IN GROUP ACTIVITIES

Continue to include your friend so they know that they are wanted and appreciated, yet respect their choice not to participate .

### RANDOM ACTS OF KINDNESS

Do little nice things for your friend such as bringing them ice cream when they've had a bad day or sending them a nice text.

### WATCH UPLIFTING MOVIES AND LISTEN TO HAPPY MUSIC

Steer clear of media with negative messages and other things you friend identifies as triggering.