

HOW YOU CAN HELP

- Treat them with respect.
- When they need to talk, listen and give them uncritical support.
- Educate yourself and encourage them to do the same. The more you know about the illness, the better you will be able to help.
- Connections are important to their recovery. Make yourself a regular presence in their life.
- Assist them in seeking professional help. Offer to go with them for added support.
- Encourage them to take their medication.
- Help them accept that they have an illness, not a weakness.
- Encourage them to join a support group. Go with them for the first time!
- Provide a change of scenery for them occasionally.
- Help them to recognize their triggers for depression.
- Encourage positive self-talk. Help them find the positive aspects in their life.
- Doing activities that promote a sense of accomplishment or reward are directly helpful in improving depression.
- Be aware of your own limitations and feelings. Take care of yourself.

WE ARE HERE TO HELP.

Peer Support by Phone: 204-560-1461
Province-wide Toll-Free: 1-800-263-1460
Postpartum Warmline: 204-560-1468

Peer Support Hours: M-F, 9 AM - 9 PM
Office Hours: M-F, 9 AM - 4:30 PM

For Peer Support Group schedules,
please visit our website at
www.mooddordersmanitoba.ca

In the Westman Region:

Mood Disorders Association of
Manitoba (Westman Region)
217 10th Street, Unit C
Brandon, MB R7A 4E9
Phone: 204-721-2174
Email: westman@moodmb.ca

Mood Disorders Association of Manitoba (MDAM)

Mood Disorders Association of
Manitoba is a self-help organization
dedicated to providing support,
education and advocacy for those living
with a mood disorder, co-occurring
disorders or other mental health illness.
We increase public awareness about
mood disorders and empower people
to develop hope and recovery.

Helping People Help Themselves
for over 35 Years

CONNECT WITH US



@MoodDisordersMB



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

My Friend, Co-worker, Family Member has DEPRESSION

How Can I Help?



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

WHAT YOU NEED TO KNOW

Depression is not simply a temporary change in mood; it is not a character flaw or a sign of weakness. Depression is a medical condition with many emotional, physical, behavioural and cognitive symptoms.

One in ten Canadians will experience depression during their lifetime. In fact, it is among the leading causes of disability worldwide.

Depression does not discriminate; it can affect someone of any age, any social or economic group, or any ethnicity.

Because of the stigma associated with the mood disorder, only one-third of people with depression will seek help. However, 90% of people who suffer from depression can be successfully treated and continue to manage their recovery.

A combination of medication, psychotherapy, support, and lifestyle changes can help in one's recovery, and to maintain mental wellness.

The best treatment plan can be developed by working with a health care professional.

To help someone with depression, it's important to be able to recognize it. This illness can encompass a broad range of symptoms.

SYMPTOMS of DEPRESSION

- Persistent sad, anxious, "empty" mood
- Loss of interest and unable to feel pleasure in previously enjoyed activities
- Fatigue or loss of energy
- Significant change in weight - increase or decrease in appetite
- Either insomnia or sleeping excessively
- Feelings of worthlessness or guilt
- Difficulty concentrating, making decisions
- Restlessness, irritability

Depression is a very isolating illness and many people experience an overwhelming sense of loneliness. A reminder that they are not alone, and they are cared for, re-assures them that they matter.



TALKING ABOUT DEPRESSION

It can be difficult for someone to open up about how they are feeling, and they may feel extremely vulnerable.

Asking questions can help to start the conversations. Be gentle, and keep in mind you may not always agree with what you hear, but it's important to not judge the person, give advice or become argumentative. Feelings are neither right or wrong - they just are. Listening to them and acknowledging their feelings as valid is the first step in helping the person heal.

Do not worry or feel that you have to have the "right answer." Just your presence and your attentiveness are extremely helpful.

Patience is an important part of supporting your friend or loved one. The recovery process takes time. Keeping this in mind can prevent you from becoming frustrated with them because your best efforts don't "cure" their depression."

YOU CAN MAKE A DIFFERENCE