

Depression: 5 Things To Know About Social Support

Depression needs treatment, just like for any other illness.

Along with treatment, It's also important to have people in your life who can give you support.

This is called social support. You can get support from family and friends, from groups led by professionals, and from groups of others who also have depression.

Here are five things to know about social support.

One: social support includes emotional support such as love, trust, and understanding, as well as advice and concrete help, like help reframing negative thoughts.

Your family, friends, and community can make you feel cared about and help you feel good about yourself, while giving you hope.

Two: social support can be found near and far.

You may be able to forge a closer relationship with family members or friends.

If you don't have family and friends for support, that's okay.

There are other resources that can help, such as counselors and support groups.

Three: support groups can be very helpful. These groups usually consist of people who meet to give support, practical advice, and encouragement to the people who participate in the group.

Four: finding social support or a support group that works for you may take time. You can ask your doctor, friends and family, or others for ideas on the type of support you may need.

Five: most people want to be helpful. Maybe someone you trust in your life is just waiting for you to ask. Or they've been through depression and will understand.

So go on—go ahead and ask.

The time of feeling better and healing is often called recovery.

During your recovery, be patient and kind to yourself.

And please, if you have thoughts of hurting yourself or another person, get emergency help or call or text 988 right away. Trained counselors are available 24 hours a day, 7 days a week.

You can also chat with a counselor at chat.988lifeline.org

Continuing your treatment, helping yourself, and getting support are all part of your recovery.

Don't give up. Healing and recovery take time.