

Dealing with a Depressed Friend

- **Take it seriously and don't ignore it** — Approach your friend and, without judgment, let him or her know your concern. "I'm worried about the changes I've seen in you lately. I hope you won't blow me off or think I'm putting you down. I want us to be able to talk."
- **Listen actively** — Sit facing your friend in a relaxed, open position. Keep eye contact and nod your head to show that you're paying attention. Paraphrase what you hear from your friend's perspective; "You felt hurt?" or "It sounds like you were really disappointed."
- **Describe your observations** — "You've been missing class ... isolating yourself ... not eating ... don't seem happy ... drinking more ..."
- **Don't minimize your concern** — If your friend says "Do you think I need help?" say "Yes, I do. That's a great idea. Can I stay with you while you call/walk to the Student Counseling Center to make an appointment?"
- **Offer your recommendations** — "I'm not sure, but I wonder if you're depressed. There's help available on campus. The Counseling Center offers confidential services. Would you like me to go with you to meet with someone?"