

HOW TO HELP A FRIEND ANXIETY AND DEPRESSION

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WARNING SIGNS OF ANXIETY

- Feeling of apprehension or dread
- Trouble concentrating
- Feeling tense, jumpy, and/or restless
- Pounding heart
- Sweating
- Upset stomach
- Dizziness
- Headaches
- Fatigue and insomnia

COPING STRATEGIES FOR ANXIETY

- Count to 10 slowly. Repeat, count to 20 if necessary.
- Get involved. Volunteer or find another way to be active in your community.
- Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.
- Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.
- Eat well-balanced meals. Do not skip any meals!
- Learn what triggers your anxiety. Is it work, family, or school that you can identify?

WHAT TO SAY

When in doubt, be there for your friend and listen to them. Offer support through this crisis!

"I'm here for you."

"You're not alone."

"What can I do for you?"

"What kind of thoughts are you having?"

"I'm sorry you're going through that."

"This is not your fault."

SIGNS OF DEPRESSION

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite or weight changes
 - Sleep changes
 - Anger or irritability
 - Loss of energy
 - Self-loathing
 - Reckless behavior
- Concentration problems
- Unexplained aches and pains

WARNING SIGNS OF SUICIDE WITH DEPRESSION

- A sudden switch from being very sad to being very calm or appearing to be happy
- Talking or thinking about death
- Making comments about being hopeless, helpless, or worthless

WHAT YOU CAN DO

When any one of the warning signs and symptoms of depression are evident, refer a friend. If there is any talk of suicide, please get immediate help and do not leave your friend alone. It is important to seek help through a friend or a counselor if you feel depressed. A counselor can offer you ways to cope as well as prescribe any treatments that he or she sees fit.

**WHERE TO
REFER**


GONZAGA
Center for Cura Personalis
509-313-2227

First Call For Help:
509-838-4428
National Suicide
Prevention Hotline:
1-800-273-8255

Health & Counseling
Services
704 E Sharp Ave.
509-313-4052