

# Counselling and psychotherapy

Psychology



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How to treat a person with depression Introduction Depression is a very serious disorder and a miserable experience that not only affects the victim, but also family members and close friends. It affects many people from all walks of life both young and old. It is therefore important to help people suffering from this disorder.

How to help a person with depression

There are steps which can be taken to help a depressed person. The first step involves identifying symptoms of depression. Most people suffering from depression feel insecure to tell it to others not even their close friends. In addition, depressed persons usually experience a number of serious emotions such as, abnormal anger, frustrations, fear and sadness (Teressa 2009). Once such behaviors have been identified, the next step should involve approaching the victims and diligently enlighten them of intentions to help (Tiffany, 2000). In addition, it is indispensable to encourage them to talk about what they are going through and be attentive and listen to their side of the story without judging or giving advice. Most of the time, they may be stubborn and tend to withhold some of the information. In such a situation, it is necessary to show them the will to listen without getting irritating them. This means that one cannot start by offering solutions until one understands the whole situation in length.

Once the affected individual assures the patient with depression of understanding what the patient is going through, the patient get the courage to confide in the individual on the worries and tribulations he or she is going through. As such, care must be taken in asking questions as some of them may worsen the present situation of the patient. Remember to remain positive to the patient even if he or she is not willing to open up about his or

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her current situation (Rozines 2005). None the less, if the individual is willing to open up, it is important to give him or her ample time to let out the situation without interfering him before enquiring on anything.

In addition, it is important to note that different individuals are affected by situations differently. Understanding the individual and keeping check of him or her frequently gives the patient hope for solving a particular situation.

Needless to say, depression is unpredictable and can affect anybody (Tiffany 2000). As such, depressed persons are not in their right minds and might not appreciate effort of being assisted. It is better to ensure that the patient has an improvement in his or her life thus; the mission of assisting a depressed person will be accomplished.

### Conclusion

Depression is a treatable disease so people should not suffer without help. When it comes to treating such persons, it is critical to look out on an issue that might irritate the victim. Instead, it is necessary to check on discussions that would encourage the victim to feel free to share his feelings.

### Bibliography:

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