



Supporting someone with anxiety and depression

Support from family and friends can make all the difference for someone with anxiety, depression or suicidal feelings. There are lots of things you can do – from noticing changes in their behaviour through to practical support to help them recover and manage their condition.

Regardless of whether the person you're supporting has just been diagnosed, is recovering, or is in the early stages of anxiety and/or depression, it's important to gain as much knowledge and wisdom as you can.

It's also important to look after yourself, too. Supporting someone who experiences anxiety and/or depression isn't easy – it's often physically and emotionally draining, which can affect your health and wellbeing.

Beyond Blue has a range of practical online resources and information to help you feel confident supporting your loved one, as well as looking after yourself.



beyondblue.org.au



1300 22 4636

The online resources provide information for people who:

- are not yet certain whether the person they're supporting definitely has a mental health condition
- have recognised something isn't right and are looking to take the first steps
- have been supporting a friend or loved one for some time and are working towards recovery.

To access the online resources, please visit:
beyondblue.org.au/supporting-someone

The information in this flyer is general advice only. The advice within it may therefore not apply to your circumstances and is not intended to replace the advice of a healthcare professional.

Where to find more information

Beyond Blue

 **beyondblue.org.au**

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 **1300 22 4636**

Email or chat to us online at
beyondblue.org.au/getsupport

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Head to Health

 **headtohealth.gov.au**

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

 **Donate online:**
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