



# Helpful hints

It's often easy to see something wrong with a friend but harder to know how to help. It's helpful to talk and, when you do, choose a safe private place, comfortable for you both. Finding the words can also be hard but sometimes a simple 'hey is something wrong, I'm worried about you' is all that's needed for someone to open up.

Be prepared to really listen, be kind to them, let them talk, keep it open, ask gentle questions of them.

## If someone is depressed

Ask what they want to do, if they need help, ask will they talk to a parent, Doctor or another trusted

adult who will help.

Sometimes talking really helps but if the problem is too serious for you, get some advice from the many websites with links to support organisations or call Samaritans. See the wallet card below for details or visit [www.depressionhurtsireland.com](http://www.depressionhurtsireland.com) and check our useful links section for contact details of support organisations.

## Fold, cut & keep card

### STEP 1:

fold whole sheet along dotted line

### STEP 2:

trim along black line on 3 remaining sides

### STEP 3:

glue with stick or d/sided tape

Online help - find at [www.depressionhurtsireland.com](http://www.depressionhurtsireland.com)

**Samaritans 1850 609090**  
**Pieta House 01 601 0000**  
**Tenline.ie 1800 833 634**

For advice to support you and them in emergency call:

- if needed call doctor or visit hospital if urgent
- ask if they've thought of getting help
- tell them they're not alone
- listen compassionately, be gently positive with them
- ask how they're feeling, what's troubling them
- ask how you can best help them now
- don't hide the problem, tell them you feel concern
- show kindness, tell them you're there for them

**HOW TO HELP**

**depressionhurtsireland.com**

*I support #depressionhurts' goal to change attitudes and get rid of stigma*

**Some signs to look out for - the person:**

<input type="checkbox"/> doesn't care about anything	<input type="checkbox"/> is moody, bad tempered, sharp
<input type="checkbox"/> is negative, hopeless,	<input type="checkbox"/> is always tired, drained
<input type="checkbox"/> withdraws, is sad, tearful	<input type="checkbox"/> is always disorganised, out of it
<input type="checkbox"/> talks about suicide	<input type="checkbox"/> stops communicating
<input type="checkbox"/> complains of pains	<input type="checkbox"/> stops activities they enjoy
<input type="checkbox"/> gain/lose weight	<input type="checkbox"/> act ok but aren't ok
<input type="checkbox"/> wants to stay in bed	<input type="checkbox"/> sleeps too much/too little
<input type="checkbox"/> are not themselves	<input type="checkbox"/> erratic behaviour
<input type="checkbox"/> drinks too much	<input type="checkbox"/> takes lots of pills

If your friend or relative is suicidal, it's important to get help. Our useful links at [depressionhurtsireland.com](http://depressionhurtsireland.com) include Pieta House, they are one of a number of excellent organisations and we show their number on the wallet card above. They provide help if someone is self harming, feeling suicidal, in need of urgent help.

If possible local help from the person's GP or local hospital Accident and Emergency unit are

## If someone is suicidal

appropriate if you fear someone's life is in danger. Be calm, talk to them, keep them communicating with you,

tell them they're loved and valued, ask them not to do anything to harm themselves, show them care, listen to them. So often talking and being listened to is a huge help and relief, if you find yourself in this difficult situation, try to involve a responsible trusted adult as soon as you can to assist the potential suicide victim and yourself.



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