



Reconnecting with people once  
depression is being treated



# Bringing family and friends back into your life

When you are feeling down, you may find that you spend more time by yourself. You may avoid friends and family. It is common for people with depression to lose interest in others. But even with treatment, it can be hard to manage depression without the support from others.

Support can come from many people and places. You may already find that talking with your mental health counselor or going to a support group is helping. Some people also find it helpful to talk with family or friends. Whatever you choose, reconnecting with people is an important step.



## Here are some ways to reconnect with others:

### Help them understand

Help family and friends learn about depression. Explain what you are going through and how they can help.

### Ask questions

Ask your healthcare provider about talk therapy. Talk therapy can help you explore and change your thinking and the patterns in your life that affect your depression.

### Reach out to others

Talk with friends and family. Show interest in how they're doing. Ask them questions about what's going on in their lives.



**Remember, some of your friends or family may not understand your condition at first. Give them time to learn more about depression and how it can affect people.**

# Reconnecting through activities

Once you start feeling better, you may have the energy and interest for activities you once enjoyed. You may even try new ones. Go at your own pace, and take it one step at a time. There is no need to rush. If you feel up to it, you may want to invite a friend along, too.

**Try adding some activities like these to your daily life.** They might make your depression treatment more effective.



## Be more active

Being active can help improve your mood, give you more energy, and help you sleep better. Talk with your healthcare provider before you change your activity level.



## Get involved

Consider taking a class, doing volunteer work, or getting involved with local activities or groups. You can meet new people. Plus, these activities may help give you a feeling of pride and success.



## Bring a pet into your life

Having a pet—especially a dog—has been shown to help in addition to your other treatment. You might start with researching pets or playing with a friend's pet to see what type suits you.



## Find ways to relax

Relax and recharge in healthy ways by taking time for yourself. Find a good book, listen to music, or think of a hobby you once enjoyed, such as drawing, painting, or photography.



## Tips to help you talk with your healthcare team

Your healthcare team gets all of their information about your symptoms and treatment progress from you. To help reach your treatment goal, talk often and openly with your healthcare provider and follow your treatment plan. Below are some tips to help you get the most from each visit.

### Before your appointment

- Keep a journal or write a list of questions you have about your treatment.
- Write down any problems you are having with taking your medicine, such as forgetting to take it or experiencing side effects.
- Make a list of your depression symptoms. Note if they have gotten better or worse or stayed the same since you started or changed your treatment.
- Write down any healthy lifestyle changes you have made to help manage your depression.

### During your appointment

- Talk openly and honestly about your symptoms and concerns.
- Ask how often your healthcare provider would like to see you. Set your next appointment before you leave the office.
- Ask questions from the list you prepared, as well as anything you think of during your visit.
- Note any treatment changes or suggestions made by your healthcare provider.
- Write down the answers to your questions.

### After your appointment

- Refill or renew prescriptions, and keep taking your medicine as directed.
- Put your next appointment on your calendar.





## Additional resources

Check out these organizations for more information about depression or how to find help:

### **Depression and Bipolar Support Alliance**

[dbsalliance.org](http://dbsalliance.org) | 1-800-826-3632

### **National Suicide Prevention Lifeline**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
1-800-273-8255

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Visit [lillyforbetterhealth.com](http://lillyforbetterhealth.com) for more information about depression.

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