How to help someone who is depressed

First off this can be a really difficult thing to do.

The depressed person is not just ‘down in the dumps’ and telling them to ‘snap out of it’ does more harm than good. One client said ‘don’t you think I tried! If only I knew how to?’ In most cases they are not ‘wallowing in self pity”

Well we have all seen the lists: being extremely sad/tearful, loss of interest/motivation, bad sleeping patterns, not interested in sex, has no pleasure in doing things and so on.

Are you committed to help?

In just a few weeks you can have them back!

Others have done so.

Changing pictures in my head to overcome my depression: I could not believe it. But it worked! I am now happy. Mary, 44, depressed for 21 years.

My mind was a place of horror, now it is a place for dreaming. My depression has lifted, now I can move on with my life. Nicky 51

Happiness comes from within. I have let go of the ghosts and my outlook on life has changed. Dannie 43.

The beauty of my work My Envisioned Mind is that firstly you do not have to talk in great detail about what is causing the depression, there are just 2 simple forms which need to be filled; then off you go in the journey to wellness.

And you can do this process along with the depressed person to assist them, we all have some form of depression, it is a human experience, this process will help you too!

Check out website [www.myenvisionedmind.com](http://www.myenvisionedmind.com) and you will see a free healing /introduction session. Book in and find out for yourself how this works and how you can help your loved one.

Talk to you soon



Grad Cert. C.H. (MH), B.Soc.SC. (Hons) Masters P.H.C.