

HELPFUL THINGS FROM FAMILY AND FRIENDS CHECKLIST

From the workbook
Information for families and friends

Look at the following list of common helpful behaviours. Check off any activity you have found yourself doing over the last month.



As a friend/family member, are you:

Check here if you have noticed this—even if just sometimes

Finding out about depression or anxiety, for example reading workbooks in this program or getting information from healthcare practitioners

Letting them know you are there for them

Being willing to talk and offer support when needed

Encouraging them to seek the advice of experts such as their doctor or healthcare provider

Encouraging the person to put what they are learning into practice

Realizing there are no quick fixes

Using your sense of humour to help you and the person you are supporting to feel better

Planning time for yourself as well as for others

Using effective coping strategies to deal with your own worries

Looking after yourself

Seeing a healthcare practitioner for advice if you yourself are struggling or not feeling well

Helping them plan their recovery. Helping them plan their activities is one of the best ways of reducing the risk of relapse.



Are you doing anything else that is helpful?