

How to Explain Depression to Loved Ones

Simple words for a spouse, family member, friend, pastor, or small group leader.

Try this script

- I am not just sad. I am dealing with depression symptoms.
- I do not need you to fix me. I need steady support.
- Helpful things: quiet check-ins, practical help, patience, rides, meals, prayer without pressure.
- Unhelpful things: lectures, shame, quick spiritual fixes, or telling me to just choose joy.

One ask

Can you check in on me once this week without needing me to explain everything?

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.