How to support a friend with depression

It can be hard to know what to say when a friend pulls away. Start with a small invitation, give them time to answer, and make it easy to stay in touch.

Start with something you've noticed

"I've missed our walks. How have things been for you lately?"

Choose a quiet moment. Let your friend set the pace. If they start talking, you can ask, "Would it help to talk this through, or would you like me to just listen?"

Offer one specific kind of help

"I'm picking up dinner. Would you like me to bring some over?"

A short walk, quiet company, or a ride to an appointment are other options. Offer something you can follow through on and let your friend decide what feels helpful.

Make room for another conversation

"I'm glad you told me. Could I text you again on Thursday?"

Keep the plan you made, even if the first conversation was brief. A short message like "Thinking of you on my walk today" can keep the door open.

WHEN MORE SUPPORT WOULD HELP

If your friend is open to professional help, offer to look for a provider together or go with them to an appointment.

For suicidal thoughts or emotional distress, **call 988** or **text 988** to reach the **988 Suicide & Crisis Lifeline.**

In immediate danger or a medical emergency, **call 911** or go to the nearest **emergency department (ER).**

FURTHER READING

National Institute of Mental Health / Depression

NHS / How to help someone with depression

For local care and insurance information, see page 2.

Interventional psychiatry in Los Angeles

If your friend wants to explore care, Ketamine Clinics Los Angeles (KCLA) is a local resource. Many insurance plans cover TMS, Spravato and psychiatric care for eligible adults.

SERVICES AT KCLA

Transcranial magnetic stimulation (TMS)

An in-office treatment that uses magnetic pulses and does not require sedation.

Spravato (esketamine)

A prescription nasal spray taken at the clinic with at least two hours of monitoring after a dose.

IV ketamine infusions

Off-label treatment for depression, with monitoring, preparation and integration support.

Holistic psychiatry

In-person psychiatric evaluations, medication management and supportive psychotherapy for adults.

INSURANCE PLANS AND NETWORKS WE ACCEPT

Aetna, Anthem Blue Cross, Blue Shield of California, Carelon, Cigna, ComPsych, L.A. Care, Magellan, MHN, Medicare, Optum and Providence.

Military and veterans

TRICARE, TriWest and VA Community Care. Ask about referral or authorization requirements.

Coverage varies by plan, clinician and service. Our team can check your benefits, any prior authorization and estimated out-of-pocket costs before you schedule.

IV ketamine infusion coverage is limited. A standard self-pay infusion is $600. A psychiatric evaluation and preparation or integration sessions may have separate insurance benefits.

ASK A CARE COORDINATOR

Call or text 310-270-0625

6801 Park Terrace, Suite 525, Los Angeles, CA 90045

ketamineclinics.com/consultation

Free phone consult