

Take care of you.

Your loved one is in charge of himself or herself.

You are the support person, not the therapist.

Own up to your own stuff.

Remember depression whisper lies.

Recognize the anger involved.

Compassion doesn't erase consequences.

God is the Great Healer.

[www.saraborgstede.com](http://www.saraborgstede.com)

When  
Someone  
You  
Love  
Has

DEPRESSION

and  
YOU are  
Going  
Crazy