How Do Support Systems Help Our Mental Health?

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Creating a Depression Support System

One of the hardest symptoms, when you are suffering with depression, is the feeling of isolation.

Sometimes when we are having feelings of depression we feel alone or like no one cares about us. This is why it is so important to create a support system around us when we are starting our recovery.

Today I want to discuss what a support system is, who we can include in our support system, and how support systems benefit our mental health.

What Is a Support System?

A support system is a group of people you can trust with advice, help, and support in your daily life. You can have multiple support systems in different aspects of your life, including family, work, volunteer, etc., but today I want to focus solely on your mental health support system.

Who Do We Want to Include in Our Depression Support System?

Now that we know what a support system is, how do we know who to have in it? Find someone who:

- Gives good advice when you want it and ask for it
- Is trustworthy and respectful
- Allows you space to grow and learn from your mistakes
- Listens to you, but also talks to you about their own life
- Respects confidentiality when you ask them to
- Doesn't judge you for sharing your emotions
- Helps you problem solve out of stressful situations

Do not include people who are:

- Judgmental
- Disrespectful
- Critical
- Make you feel anxious

A support system can consist of family, friends, teachers, medical professionals, and others. You have so many supportive people in your life right now — you just have to reach out to them.

How Do Support Systems Help Our Mental Health?

Having a depression support system can help you in numerous ways, from relieving stress to decreasing feelings of loneliness to helping you build your self-confidence up again.

They Relieve Stress

It is not healthy to keep negative emotions to ourselves.

Having a support system benefits you because it's having a group of people around you who will listen if you need to vent, as well as help you feel better if you need it.

They Decrease Feelings of Loneliness and Isolation

If you are suffering from depression you might feel isolated, and combatting loneliness is much easier when you have a support system.

Every time you start feeling lonely, reach out to someone in your support system. Even if you are an introvert, the more you stay in contact with others, the less lonely you are going to feel.

They Increase Self-Confidence

Having a strong support group around you can make you feel important and loved. It can also make you feel valued by other people, which could increase your self-esteem and overall mental health.

I hope this article helped you figure out who is in your support system and why it is so important for your mental health to have a supportive group of people in your life.

I want you to know you are never alone and there are so many people around you who care about you and want to see you better!