UNIVERSITY OF MICHIGAN DEPRESSION CENTER

# Discussing Your Illness with Others

www.DepressionToolkit.org

This tool is intended to help you think about when, how and with whom you might wish to discuss your illness. When it comes to sharing about depression, there are no right or wrong approaches. But taking time to consider the benefits and costs that might come with sharing can help you feel more confident about your decisions.

When you are considering whether or not to talk to a family member, friend or coworker about your depression, use the space below to list the benefits and costs ("pros" and "cons") of sharing. Make a separate list for each person you are thinking about. Remember that no issue is too small to put on your list – if it's important to you, it belongs on the list.

Once you've completed your list, you may find it helpful to rank your statements in order of importance by placing a number (#1 being most important) next to each.

***I am considering sharing details about my depression with _____. If I choose to share, I may face the following positive benefits and/or negative consequences:***

| RANK | POSSIBLE BENEFIT OF SHARING (+) | RANK | POSSIBLE COST OF SHARING (-) |
|---|---|---|---|
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***Based on the analysis above, I have decided:***

- ***to share***
- ***not to share***
- ***to delay my decision for now, and revisit at a later date.***

**For More Information**

University of Michigan Depression Center
800-475-6424
www.depressioncenter.org

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