**Where to Get Help for Depression**

Getting help for depression can be difficult depending on where you live and what type of insurance you have. But, there are usually community organizations that can help you locate providers such as [NAMI](https://www.nami.org/).

You may have to find an organization like that if you live outside of the USA, but usually, they do exist.

**Support Groups**

You can also look at online support groups that have sprouted up due to the advent of Facebook groups and other social networks.

The important thing to remember about online groups is that they may not be led by a professional; you should not take advice from people that you meet online when it comes to anything with side effects like medications, vitamins, and supplements.

There are also offline support groups that you can find, either with the help of a mental health organization, your doctor or by looking them up. These groups might have a therapist leading them and cost money, but there may be some free choices too.

Finally, especially if you have a loved one who has depression, keep the number for the national suicide hotline for your country nearby. The number for the USA is 1-800-273-8255. You can find the number of other countries on this list from the [International Bipolar Foundation](http://ibpf.org/resource/list-international-suicide-hotlines).