

Do you know anyone who is sad, lonely, or depressed?

By Leola Motley



They say loneliness can lead to depression. Your neighbor, William is often looking unhappy and is always declining to be around others. Whenever, people see William, they say why are you so sad. William often shrugs his shoulders.

As Williams neighbor, you want to help him. One of Williams problems maybe he has no one to confide in, as a result he feels isolated. Perhaps you may want to help William by engaging in light conversations and gradually elevate it to meaningful conversations. Bonding with a person is the best way to gain trust. In Williams case, invite him over for dinner, he made decline the a few times, and one day he may accept the invitation.

A lonely neighbor may just need a listening ear and to know that someone cares. In Williams case, your caring nature could make a difference, between feeling alone and knowing it's someone William can turn to when he feels sad and lonely.

Questions

1. What do you think is going on with William?
2. Does William seem depressed?
3. Could William be lonely?
4. Is it something you can do to help William?
5. What can you do to help William?
6. Do you know someone like William?
7. Have you ever had a similar situation?