

Khloe Kardashian Says Lamar Is 'Very Depressed'



By April Littleton

According to [People](#), Khloe Kardashian is having a hard time keeping her marriage to Lamar Odom intact. "I do want to help or cater to Lamar. But there's also so much someone can take," she said on last Sunday's episode of *Keeping of the Kardashians*. Accusations of drug issue and infidelity surrounded Odom over the summer. Since then, the couple have been living apart.

What do you do if you're not able to help your depressed partner?

Cupid's Advice:

It's hard to keep a relationship between two people going strong when one of them is at a low point in their life. Trying to help someone who doesn't seem to improve with time can be frustrating, especially if it's someone you care about. Cupid is here to help:

1. Support group: If you can't seem to get through to your significant other, then maybe a group of people who are going through the same thing as him/her might. Your partner might feel like he/she can't fully open to you because you don't fully understand what's going on. Sometimes, the best thing for a person is to vent to complete strangers without having to worry about any judgements.

2. Do some research: Maybe you're going about the situation all wrong. In that case, do your research. Talk to some professional counselors about the symptoms of depression and

see what you can do to help. It's OK to feel frustrated and helpless, but maybe if you become more informed on the topic, you'll be able to find a way to get through to your honey.

3. Be there for them: You've tried everything and your partner still seems to be down. The only option you have now is just being there for them when they need you. Be that shoulder to cry on and lend them an ear when they need to vent. Be as patient as you can be and show them you still love and care for them. However, if the situation doesn't change, you might have to move on. You can't help someone who doesn't want to be helped.

Have you ever had to deal with a depressed partner? Comment below.