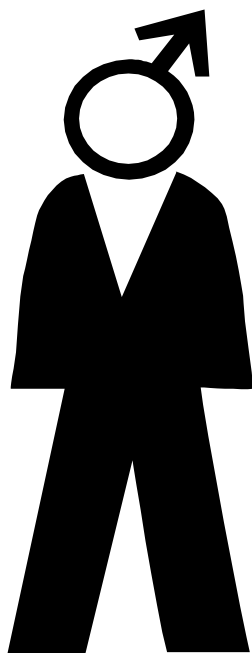
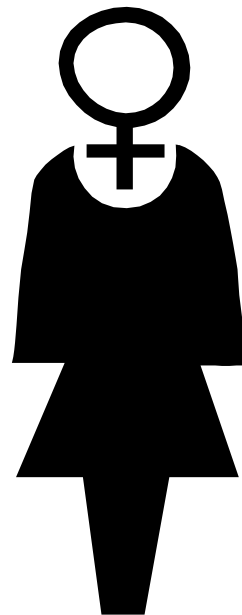


# The Facts About Depression

Percent of people who will experience depression in their lifetimes:



**Men**  
**10%**

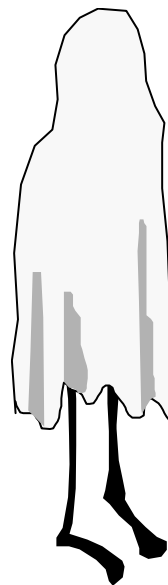


**Women**  
**20%**



# Symptoms of Depression

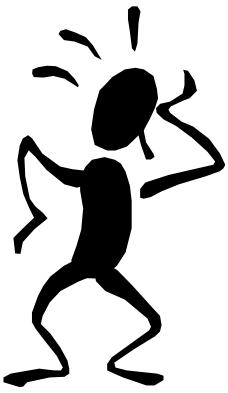
- You no longer enjoy things like you once did
- You can't fall asleep or you wake up and can't go back to sleep
- You feel tired during the day
- You no longer enjoy food
- You find yourself eating more or less than usual





# Symptoms of Depression

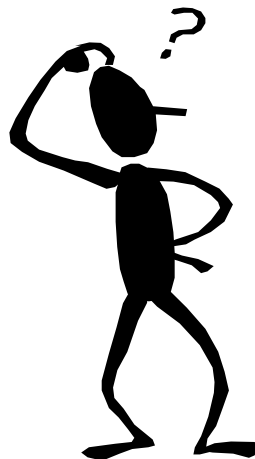
- You have gained or lost weight without trying
- You have a hard time concentrating
- You find it hard to sit still
- You cannot make even simple decisions
- You feel guilty or bad about yourself



# Symptoms of Depression

- You feel people would be better off without you
- You think about suicide or about ways to hurt yourself

*If any of these symptom apply or if you have been feeling sad or hopeless for more than a few weeks, seek help from your doctor*



# Getting Your Health and Life Back on Track

## 1. See your primary doctor first

- Rule out physical causes of depression-like symptoms
  - Drinking too much alcohol
  - Side-effects of medication
  - Thyroid disorder
  - Electrolyte imbalance
  - Anemia (iron, folate, and vitamin B<sub>12</sub> deficiencies)



# Getting Your Health and Life Back on Track

## 2. Lift Your Spirits

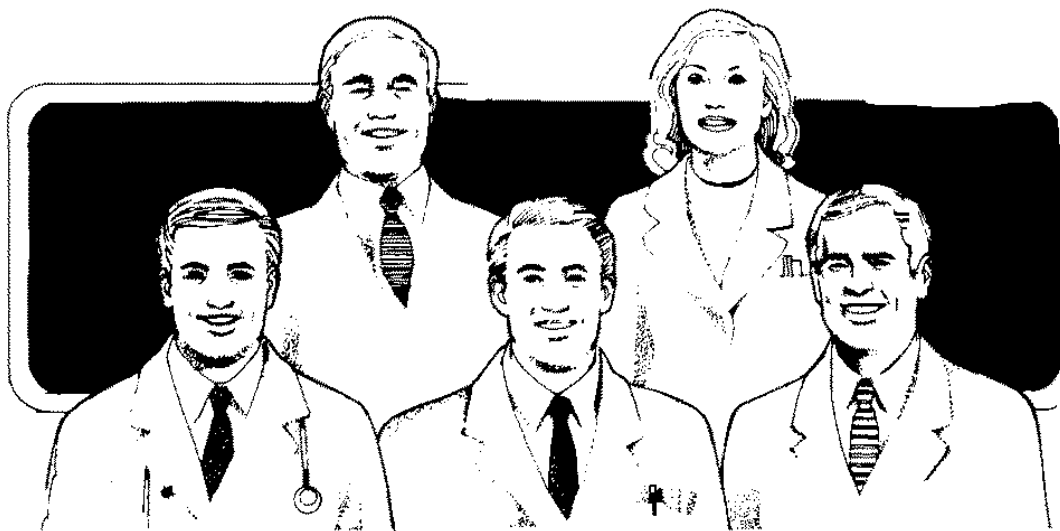
- Join a support group
- Exercise
- Talk to family or friend(s)
- Keep a journal of the good things that happen each day
- Plan to do something you enjoy every day
- Volunteer/help others



# Getting Your Health and Life Back on Track

## 3. See a Specialist for Help

- Psychologist
- Psychiatric nurse
- Social worker
- Certified or licensed professional counselor
- Psychiatrist



# Getting Your Health and Life Back on Track

## 4. Antidepressants

- Use alone
- Use along with therapy
- Combats chemical imbalances
- Restores normal brain chemistry



*Some antidepressants may interfere with other medications*