



Depression

Know the Signs



Depression affects more people than any other mental health condition-more than 19 million Americans each year. Could it be affecting you?

Everyone gets down from time to time, but sometimes it's more than "the blues." Clinical depression is a real illness that can be treated effectively. Unfortunately, fewer than half of the people who have depression seek treatment.

Too many people believe that depression is a normal part of life's ups and downs, rather than a real health problem. As a result, they may delay seeking help or not seek help at all. It's important to know that depression is real, and it can be effectively treated.

What are the Signs of Depression?

- ▶ Persistent sad, anxious, or "empty" mood
- ▶ Difficulty falling asleep or staying asleep, or sleeping more than usual
- ▶ Reduced appetite and weight loss, or increased appetite and weight gain
- ▶ Loss of pleasure and interest in once-enjoyable activities
- ▶ Restlessness, irritability
- ▶ Difficulty concentrating at work or at school, or difficulty remembering things or making decisions
- ▶ Fatigue or loss of energy
- ▶ Feeling guilty, hopeless or worthless
- ▶ Thoughts of suicide or death

If you experience five or more of these symptoms for two weeks or longer, you may have depression. See a doctor or mental health professional for help right away. It's also important to connect to the people in your life who care about you and can give you support. Getting enough rest and engaging in physical activity can help too.

If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, call the **Access & Crisis Line at (888) 724-7240**. Trained and experienced counselors are available 24 hours a day, 7 days a week to help you. For more information, visit **www.Up2SD.org**.

By reaching out, speaking up and starting a conversation, you may make all the difference in leading a loved one to recovery and perhaps even saving a life!

Information courtesy of Mental Health America. This publication is made possible through unrestricted educational grants from Eli Lilly and Company, AstraZeneca, Bristol-Myers Squibb and Forest Laboratories, Inc.

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