Friendship and social support

are key protective factors.

More than 25% of teen girls

reported symptoms of depression.

About

4% of adults aged 70 and over

have depression.

The rate of depression has

DOUBLED

in the last decade.

Call

1-800-662-HELP (4357)

to find local support.

More than

1 in 8 Americans aged 12 and older

have experienced symptoms of depression.

Depression is the

SECOND MOST COMMON

mental health condition, behind anxiety.

SUICIDE & CRISIS LIFELINE:

9-8-8

PREVIEW COPY