



MANAGING DEPRESSION

BREAK THE CHAINS

DEPRESSION IS A MENTAL HEALTH CONDITION, NOT A WEAKNESS.

Depression is a common and serious medical illness that can negatively affect how you feel, what you do, and how you think. It can take many forms, but fortunately it is also treatable. It causes feelings of sadness and/or a loss of interest in activities you once enjoyed. Left untreated, it can lead to a variety of emotional and physical problems and can decrease one's ability to function at work and at home.

WHAT'S AT STAKE?

Mood: feeling sad, worthless, guilty, loss of interest in activities

Energy: trouble sleeping or sleeping too much, increased fatigue

Cognitive: difficulty thinking, concentrating or making decisions

Ideation: thoughts of death or suicide

WHO'S AT RISK?

The conditions that lead to depression can vary from person to person, but major risk factors include: biochemistry, family history, traumatic events, history of mental health disorders, abuse of alcohol or recreational drugs, exposure to violence, neglect, abuse, etc. Knowing the risk factors can help everyone involved understand when the condition warrants getting professional help.





9.5% OF ADULTS
SUFFER FROM
DEPRESSION

HOW TO HELP OTHERS

- Start a conversation
- Be willing to listen without judgement
- Provide positive reinforcement
- Help them find support
- Learn about depression on your own
- Be patient - improvement takes time

HOW TO HELP YOURSELF

The first step in treating depression is recognizing you're depressed. Helping yourself involves: confiding in others, talking with a healthcare professional, getting good sleep and exercise, being part of a community.

If you or someone you know is in crisis, don't wait:
Call/text the National Suicide Crisis Lifeline at 9-8-8.

DEPRESSION DOES NOT MEAN
SUFFERING ALONE. HELP IS AVAILABLE.