WHAT IS DEPRESSION?
Everyone feels sad or blue once in a while, but when those sad feelings don’t seem to go away or keep coming back, it could be depression. Depression is a common but serious problem that can affect a person’s daily life. The good news is that most people who experience depression get better with treatment.

WHAT ARE THE SIGNS OF DEPRESSION?
People can experience depression in different ways. Some of the most common signs of depression include the following:

**FEELINGS**
- Sadness
- Hopelessness/feeling like nothing good is ever going to happen
- Guilt
- Moodiness
- Anger
- Loss of interest in friends, family, and other favorite activities
- Trouble concentrating
- Trouble making decisions
- Trouble remembering things
- Thoughts about death/dying

**THOUGHTS**
- Staying away from people
- Using substances, like alcohol, to feel better
- Missing work, school, or other commitments
- Tiredness or lack of energy
- Aches and pains with no reason
- Changes in appetite
- Weight loss
- Weight gain
- Changes in sleep – sleeping too little or too much

**BEHAVIORS**
- Social support
  - Build a strong support system of family and friends
- Lifestyle changes
  - Exercise regularly, eat healthy, get enough rest and sleep, avoid drugs or alcohol
- Counseling or Therapy
  - Therapy helps by teaching new ways of thinking and behaving and changing habits that may be contributing to depression.
- Medication
  - When depression starts to impact your ability to function, medication may be helpful.

WHAT CAN I DO TO HELP MYSELF IF I HAVE DEPRESSION?
- Talk to your doctor or a mental health professional.
- Be social: Spend time with other people and talk to a friend or family about your feelings.
- Exercise: Walking, jogging, dancing, etc.
- Eat healthy: Eat balanced meals that include fruits and vegetables. Avoid alcohol (drinking can make the symptoms worse).
- Join a support group: Spending time with other people with similar experiences like you may help reduce feelings of being alone.