



# Dealing with Depression

Stigma around mental illness can prevent people from seeking help.

As a mood disorder, depression can severely affect how you feel, think and handle daily activities. It can even lead to suicide. Fortunately, most clinical depression can be treated with success.



Many things can increase risk for depression, such as family history, trauma or major stress. Changes in brain chemistry, alcohol or drug addiction and having a chronic health condition are also risk factors.

Symptoms include:

- Persistent sad or “empty” mood
- Low self-esteem; feeling hopeless
- Restlessness, irritability
- Loss of pleasure and interest in activities

Common treatments are medication, psychotherapy (talk therapy) and self-care, such as regular exercise. If you have signs of depression, talk to a friend or health professional about getting help.