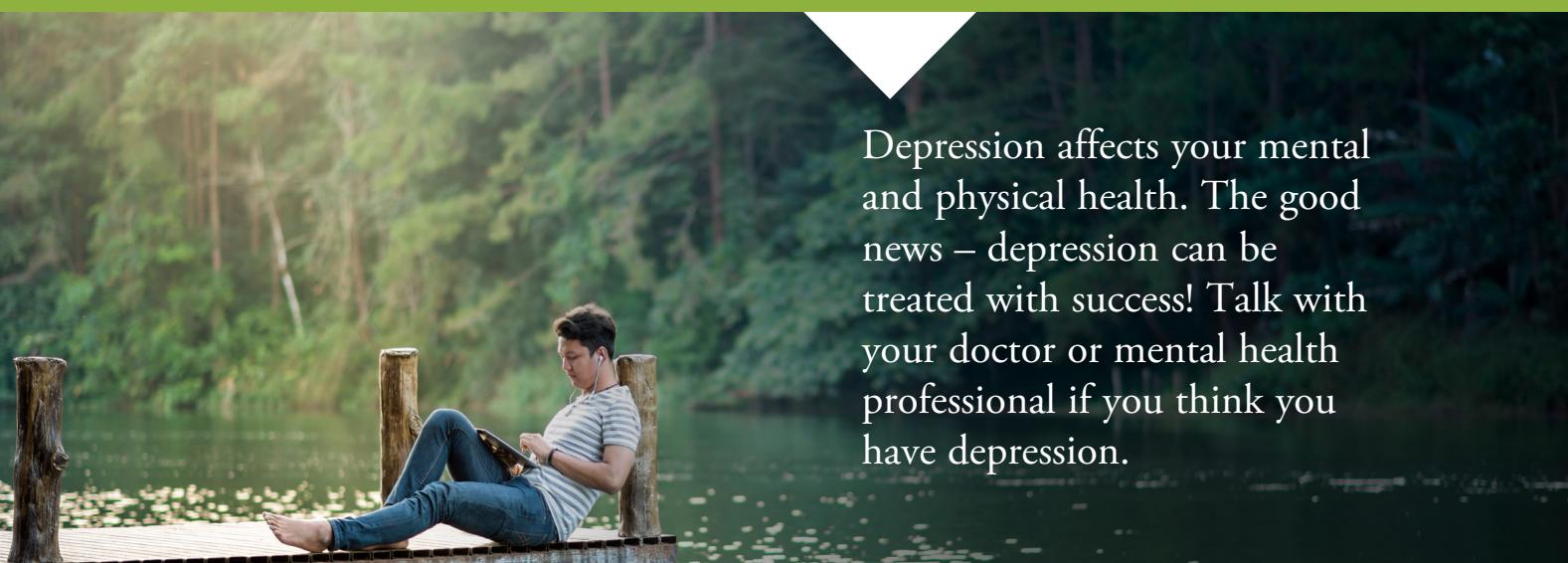


Depression is Treatable



Depression affects your mental and physical health. The good news – depression can be treated with success! Talk with your doctor or mental health professional if you think you have depression.

SIGNS OF DEPRESSION

- Persistent sad, anxious, or “empty” mood
- Feeling hopeless, guilty, or frustrated
- Becoming withdrawn or detached
- Feeling irritable or angry
- Difficulty concentrating, remembering, or making decisions



988 SUICIDE & CRISIS LIFELINE

If you or someone you know is struggling or having thoughts of suicide, call or text at 988 or chat at 988lifeline.org.



HELP MANAGE YOUR DEPRESSION

- Get regular physical activity.
- Eat regular healthy meals.
- Limit or avoid alcohol as advised by your healthcare provider. Alcohol is a depressant.
- Try not to isolate yourself. Connect with and talk to people you trust about how you are feeling.
- Try to maintain a regular bedtime and wake-up time.
- Talk to your doctor before taking over-the-counter products, such as St. John’s Wort. It can cause problems when taken with certain medications.
- Do things that you enjoy and look forward to.
- Take prescribed medicine as advised. Let your doctor know about any bad side effects. This can include thoughts of suicide, especially in the first month of treatment.
- Cognitive Behavioral Therapy (CBT and Acceptance and Commitment Therapy (ACT) are two types of talk therapy that have been shown to be very helpful in treating depression.