



English: 1-800-LIFENET (1-800-543-3638)

Spanish: 1-877-AYUDESE (1-877-298-3373)

WHAT TO KNOW ABOUT DEPRESSION

Depression is more than just feeling sad once in a while. Depression is a real illness which does not usually go away on its own. Depression usually requires treatment, which may include medications, talk therapy or a combination of both.

Anyone affected by the symptoms below for at least two weeks should be evaluated by a qualified professional. Speak with your doctor, a counselor, or contact **1-800-LIFENET (1-800-543-3638)** for information, referral and support.

SYMPTOMS OF DEPRESSION:

1. Feeling down, depressed or hopeless
2. Little interest or pleasure in doing things
3. Trouble falling asleep or staying asleep
4. Feeling tired or having little energy (fatigue)
5. Changes in appetite, like poor appetite or overeating
6. Feelings of being worthless as a person or feeling excessive guilt
7. Difficulty thinking/concentrating
8. Moving excessively slowly or quickly, so much that other people notice
9. Thoughts that you would be better off dead, or of hurting yourself in some way



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WHAT TO KNOW ABOUT DEPRESSION

There are many things we can do every day to help ourselves manage depression. The tips below will not treat depression directly, but can be helpful things to do on a daily basis to promote a sense of well-being.

Proper treatment and evaluation is required to reduce or eliminate symptoms of depression in the long-term. Speak with your doctor, a counselor, or contact **1-800-LIFENET (1-800-543-3638)** for information, referral and support.

DEPRESSION SELF-HELP TIPS:

1. Exercise each day – it helps improve physical and emotional wellness
2. Wear clean clothes each day and groom yourself well
3. Listen to your favorite music
4. Draw, paint or write – find ways to be creative or develop a new hobby
5. Body work – getting massages, doing yoga or tai chi can be relaxing
6. Set realistic expectations– depression won't go away all at once, but with treatment, it can improve over time