

DEPRESSION

What is depression?

- Depression is a real and treatable illness.
- About 1 in every 10 adults in the US has depression.
- Depression can happen to anyone, and at any age.
- Depression affects who you are, how you think, how you feel, and how you act.



Depression is:

- Not a normal part of aging.
- Not a personal weakness.
- Persistent. It can interfere with the way you function at home, work, and play.

What causes depression?

Many things can be the cause of depression, including:

- A chemical imbalance in the brain
- Negative thoughts, worrying too much, or feeling that your life is out of control
- A big loss, like losing a loved one or losing your job
- Hormonal changes
- Lack of sunlight

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Depression can have many symptoms, like:

- Feeling sad, anxious, guilty, hopeless, or worthless
- Not enjoying what used to be fun
- Often feeling restless, irritable, or tired
- Sleeping too much or sleeping too little
- Eating too much or eating too little
- Problems with remembering, thinking, or making decisions
- Pain or an upset stomach for no reason, that won't go away
- Thoughts of death or suicide



When should you be concerned?

Many people have one of these symptoms from time to time. But if you have more than one of these symptoms for more than 2 weeks, you should ask your provider if you might have depression.

Is there treatment for depression?

Yes, depression can be treated with medicine, talk therapy, or both. It is important to remember that treatment takes time.

- You may need to take medicine for several weeks before you start to feel better.
- Take medicine as directed, even when you start to feel better.
- Don't stop taking your medicine unless your primary care provider says you can stop.
- Counseling or "talk therapy" allows you to talk freely without being judged. It can help you learn about your problems and work them out. It can help you see things differently. It can help change the negative thinking that leads to depression.