



DEPRESSION

Understanding. Compassion. Hope.

Depression is more than feeling sad or having a bad day. It is a medical condition that affects how you think, feel, and handle daily activities. It can impact anyone—and help is available.

WHAT IS DEPRESSION?

Depression affects your mood, thoughts, body, and behavior. It can make even simple tasks feel overwhelming. It is not a sign of weakness or a choice. It is a treatable health condition.



*You are not alone.
You are more than what you feel.*

COMMON SYMPTOMS

- Persistent sadness or emptiness
- Loss of interest in activities you once enjoyed
- Changes in appetite or weight
- Trouble sleeping or sleeping too much
- Fatigue or low energy
- Difficulty concentrating or making decisions
- Feelings of worthlessness or guilt
- Restlessness or slowed movements
- Thoughts of death or suicide

Symptoms can vary from person to person.

CAUSES AND RISK FACTORS

- Genetics or family history
- Brain chemistry and hormonal changes
- Stressful life events or trauma
- Chronic illness or pain
- Certain medications or substances
- Personality and low self-esteem
- Isolation or lack of support

There is not always one single cause. Many factors can contribute.

HOW DEPRESSION CAN AFFECT YOUR LIFE

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| Emotional Sadness, emptiness, irritability, or hopelessness | Mental Negative thoughts, difficulty focusing, trouble making decisions | Physical Fatigue, aches, changes in sleep or appetite, low energy | Work / School Decreased motivation, absenteeism, trouble keeping up | Relationships Withdrawal, communication struggles, feeling disconnected | Daily Life Less enjoyment, neglecting self-care, feeling overwhelmed by small tasks |
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Healing is possible. With the right support, you can feel better and enjoy life again.

WAYS TO COPE

- Talk about how you feel
- Stay connected with supportive people
- Move your body in gentle ways
- Eat nourishing foods and stay hydrated
- Get regular sleep
- Take breaks and be kind to yourself
- Focus on small, manageable steps
- Practice gratitude and positive self-talk



TREATMENT CAN HELP

- Effective treatment may include:
- Therapy (individual, group, or family)
 - Medication (when appropriate)
 - Lifestyle changes
 - Support groups
 - Mindfulness and stress management
 - Building a strong support system

You deserve support, compassion, and care.

WHEN TO SEEK HELP

- Reach out for support if you:
- Feel sad or empty most days
 - Lose interest in things for weeks
 - Struggle to function in daily life
 - Feel hopeless or helpless
 - Have thoughts of death or suicide

Asking for help is a sign of strength.



REMEMBER

- Your feelings are valid.
- Small steps lead to big changes.
- Better days are possible.
- You matter and you are not alone.
- Hope is the beginning of healing.

