

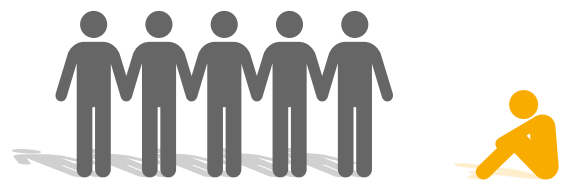
ARE YOU DEPRESSED?

10 warning signs of depression

Depression is not just “in your head.” It’s a medical condition that can be treated with medical care, such as medicine and therapy. Getting treatment for depression can help you feel better.

Are you experiencing some of these symptoms?

- Persistent sad, anxious or empty mood
- Feeling hopeless or pessimistic
- Irritability
- Feeling guilty or worthless
- Loss of interest in activities you enjoy
- Lower energy or feeling “slowed down”
- Problems with sleeping
- Changes in weight or appetite
- Thoughts of death or suicide
- Physical symptoms such as stomachaches, indigestion and headaches



Get help for depression

Schedule an appointment



Your doctor can be a resource for next steps and treatment options.

Talk to someone now



For immediate help for you or loved one 24/7, contact:

NATIONAL ALLIANCE ON MENTAL ILLNESS

Website: nami.org

Helpline: 1-800-950-6264

NATIONAL SUICIDE PREVENTION LIFELINE

Website: suicidepreventionlifeline.org

Helpline: 1-800-273-TALK (8255)

VETERANS CRISIS LINE

Website: veteranscrisisline.net

Helpline: 1-800-273-TALK (8255), press 1