

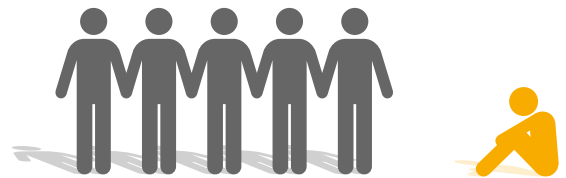
# ARE YOU DEPRESSED?

# 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](http://nami.org)

Helpline: 1-800-950-6264

#### NATIONAL SUICIDE PREVENTION LIFELINE

Website: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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

#### VETERANS CRISIS LINE

Website: [veteranscrisisline.net](http://veteranscrisisline.net)

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