

## DEPRESSION—KNOW THE SIGNS

Depression affects more people than any other mental health condition – more than 19 million Americans each year. Could it be affecting you?

Everyone gets down from time to time, but sometimes it's more than "the blues." Clinical depression is a real illness that can be treated effectively. Unfortunately, fewer than half of the people who have depression seek treatment.

Too many people believe that depression is a normal part of life's ups and downs, rather than a real health problem. As a result, they may delay seeking help or not seek help at all. It's important to know that depression is real, and it can be effectively treated.

### What Are The Signs Of Depression?

- Persistent sad, anxious or "empty" mood
- Difficulty falling asleep, staying asleep or sleeping more than usual
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in once-enjoyable activities
- Restlessness, irritability
- Difficulty concentrating at work or at school, or difficulty remembering things or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

If you experience five or more of these symptoms for two weeks or longer, you may have depression. See a doctor or mental health professional for help right away. It's also important to connect to the people in your life who care about you and can give you support.

*For more information, contact your local Mental Health America affiliate, call Mental Health America at 1-800-969-6642 or visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). If you're in crisis now, seek help immediately. Call 1-800-273-TALK (8255) or dial 911 for immediate assistance.*

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