

DEPRESSION

What is it?

Depression is a common, but serious mood disorder. Forms of depression can differ slightly, and there are many signs and symptoms of depression. It can cause severe symptoms that affect how you feel, think, or handle daily activities like sleeping, eating, or working. In order to be diagnosed with depression, the symptoms must be present for at least two weeks.¹



Symptoms

Symptoms of depression differ for everyone. Some people may experience several symptoms, while some may only experience a couple. The severity and frequency of your symptoms depend on the individual and your particular mental health. Some signs and symptoms of depression are:¹

- persistent sad, anxious, or a feeling of an "empty" mood
- irritability
- loss of interest or pleasure in hobbies and activities
- difficulty sleeping, oversleeping, or early-morning awakening



How to Address it

There are many helpful treatments and ways to help reduce symptoms of depression. Remember to always talk to a qualified mental health professional in order to get a diagnosis and they can also help determine which treatment would be best for you. Always remember that it is okay to talk to someone, whether it's family, friends, or any trusted adult, when you are feeling down and think you need some help.²

