

# Depression Fact Sheet

## The Facts about Depression

- Depression is more than just feeling blue, sad, or stressed out. It can go on for **months or years**.
- Depression can affect your **feelings**: you may feel sad, angry, or even numb. You may notice that no activity or person seems beautiful, fun, or exciting.
- Depression can affect your **body**: you may feel tired, sleep all the time or very little, and eat all the time or not be able to eat. You may have aches and pains with no clear physical cause.
- Depression can affect your **thinking**: it may be hard to concentrate and you may feel hopeless or guilty all of the time. Your thinking may be clouded so much you don't realize how much depression has changed you. (You may not know you have it)
- Depression can affect your **functioning**. It can make it hard for you to take care of yourself and your family. It may make it hard to hold down a job or go to school.
- Depression can affect your **spirituality**: some people feel like they can no longer feel joy, faith, or even love.
- Depression can affect your **safety**: you may find yourself wishing to die or thinking about killing yourself
- Depression can affect **anyone** of any age, race, sex, or income.
- People whose lives are **stressful** (because of lack of money, deaths in the family, medical problems, or violence in their community) are more likely to get depressed.
- Depression can run in **families**.

## The Truth (*not the myths*) about Depression:

- Depression is **real**. It is not just your imagination. People with depression have a chemical imbalance in their brain.
- If you are depressed, **you are NOT: lazy, crazy, or a bad person**
- Depression is **not your fault**.
- Depression is **common**. 19 million Americans suffer from depression. One out of every five women in America will suffer from a serious depression in her lifetime.
- Depression is treatable. **There is Hope! You can feel better!**



## Treatments for Depression that Work

- Seek treatment from an **experienced professional**
- **Talking** (psychotherapy or counseling) alone with a therapist or in a group
- **Medication** (anti-depressants)—For medication to work, you have to take it every day and long-term
- Maybe **both** medication and talking
- Get **active**: getting out of the house, exercising, staying social, keep up your spiritual practice
- Eat a healthy diet
- Most people who get treatment feel much better.

**There is hope! You can feel better!**