

# WHAT IS..DEPRESSION?

Depression is a disorder that impacts people's mood and makes them feel sad and lonely a lot. Depression makes it really hard for people to have fun or enjoy things that they used to.



## SYMPTOMS

- Feeling sad, guilty, worthless, or hopeless
- Feeling tired all of the time
- Sleeping too much or not enough
- Having trouble focusing
- Not wanting to do fun things
- Eating too much or not enough
- Not liking yourself
- Missing school
- Not wanting to be around other people

DEPRESSION CAN BE CAUSED BY A NUMBER OF THINGS. IT CAN ALSO AFFECT EVERYONE - CHILDREN, TEENS, AND ADULTS ALIKE.

## TREATING DEPRESSION

### MENTAL HEALTH THERAPY

Talking to a therapist about negative thoughts and feelings can be helpful for someone with depression. Therapy is also a place to learn healthy ways of coping with symptoms.

### MEDICATION

Sometimes medication might be helpful. Depression can impact the way that our brain works, and medication can help to fix it and make us happier.

IF YOU FEEL THAT YOU MIGHT BE DEPRESSED, LET A PARENT OR A TRUSTED ADULT KNOW. THEY WILL BE ABLE TO GET YOU THE HELP THAT YOU NEED. **IF YOU EVER HAVE THOUGHTS ABOUT WANTING TO HURT YOURSELF, TELL SOMEONE IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.**

