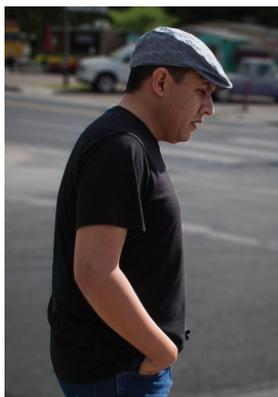


Are You Depressed?

Depression is a condition that affects your feelings, thoughts, and how you handle everyday activities. We all feel sadness at different times throughout our life; but if you find that you are feeling some of the symptoms below every day for two weeks or longer, then you may have depression.



RESOURCES
**National Suicide
Prevention Lifeline**
1-800-273-8255 Eng.
1-888-628-9454 Sp.

Symptoms of Depression

- Feeling sad or anxious
- Feeling guilty or worthless
- Feeling tired, sleeping too much or too little
- Losing interest in your favorite activities
- Having trouble concentrating, remembering things, or making decisions
- Eating too much or too little
- Having negative thoughts or thoughts of death or suicide

If You Think You Are Depressed

1. Tell your doctor

- How long you have been feeling this way
- If your symptoms are strong or mild
- If you have had symptoms before and how they were treated
- If there have been major changes in your life
- About any medicine or supplements you are taking

2. If an antidepressant is prescribed

- Remember, for most people the medication will help
- Talk to your doctor about side effects
- Take only the recommended amount
- Be patient. Some medicine can take between six to eight weeks to work
- Continue to take your medicine even if you feel better
- Antidepressants are not addictive and your doctor will help you decide when you should stop taking them

3. Things you can do to help yourself

- Eat well and exercise
- Keep a regular sleep schedule
- Spend time with other people
- Break up large tasks into small ones
- Relax through meditation or breathing exercises
- Do things that bring you joy
- Do not drink alcohol or take drugs

If you are diagnosed with depression, your doctor may prescribe antidepressants, counseling, or both.

Talk with your doctor about which type of treatment or combination of treatments you are most comfortable with.

Take action and see your doctor. The earlier you begin your treatment, the better you will feel.

Medicine can be expensive. Ask your doctor about generic antidepressants. They work the same and cost a lot less.