

Depression is a mental illness that affects both your mind and body; it makes you constantly think and feel in a low, sad way. Some people believe that they are depressed when they have a bad day or two. Depression is more than feeling sad for a couple days; depression involves having pessimistic and sad feelings for a period of time that affects the way you live. The time indicator of depression is feeling sad for two weeks or more.

**Understanding Depression Foundation**

*We are here to help*

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Depression can be defeated with the right help and strategies. If you have any questions please visit or call the Understanding Depression Foundation.

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What is Depression?

“Learn how to

DEFEAT

Depression.”

Understand

Depression



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**It’s more than having just a bad day…**

**22 Main Street,**

**Media, Pennsylvania 19063**

**Phone: 484-574-1822**

www.UDF.yourhelpguide.com

A Guide Made Especially For You To

“Depression is a very common mental illness that millions of people suffer from every day. It is a very scary and sad sickness, because if it goes untreated it can lead to horrible things such as suicide.”

Depression is not your fault and is nothing to be embarrassed about.

Depression can be difficult to recover from, but with the right help and strategies depression can be defeated. Treatments will vary among different people; the best way to find out what will work best for you is to see your doctor. Some common treatments include:

* Professional help
* Medications
* Life-style changes
* Family support
* Therapy

**The first step in feeling better is asking for help…**

**YES NO**

**ARE YOU?**

Having feelings of worthlessness and loneliness?

Having thoughts about suicide and hurting yourself?

Having trouble sleeping?

Lost interest in activities you once enjoyed?

Having sad, gloomy feelings that last for more than 2 weeks?

Having unexplainable weight gain or weight loss?

Experiencing loss of energy?

Having concentrating problems?

Depression is involved with a chemical in our brain called neurotransmitters that relay information to both the body and the brain. When neurotransmitters are out of balance a person can become depressed.

Social, biological, and psychological forces in a person’s life can cause depression.

Genetics plays a high role in causing depression.

A traumatizing, sad event in your life can be a cause.

**What are the causes of depression?**

Are you depressed?

* **Check the box below if the question applies to you.**

If you find that you checked off yes for any of the questions asked you have a high chance of having **depression**. Contact your doctor as soon as possible to receive the help and information you need.



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What are the

treatments for depression?