



RECOGNIZING DEPRESSION



1 GET THE FACTS

If you or someone you know is dealing with depression, you're not alone. About 15% of adults will experience depression at some point in their lives. Depression can happen to anyone, anywhere, at any age. Knowing the signs is the first step to getting help.

2 KNOW THE SIGNS

- Sadness that lasts for weeks
- Losing interest in things you used to enjoy
- Losing or gaining weight
- Trouble sleeping or sleeping too much
- Low energy
- Trouble concentrating or making decisions
- Feeling worthless
- Thinking about death or suicide

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DEPRESSION

3 TAKE ACTION

If you notice or experience signs of depression, tell someone you trust. Depression doesn't always go away on its own, but treatment can help.

Learn more and find free resources
at MobilizeAZ.com.

Sources:
nimh.nih.gov/health/statistics/major-depression.shtml
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