

## You Are Not Alone

An estimated 16 million U.S. adults – almost 7% of the population – had at least one major depressive episode in the past year, according to the National Alliance on Mental Illness.

If you have felt down or uninterested in things that once brought you joy or had trouble falling/staying asleep or concentrating, then you might be experiencing symptoms of depression. Irritability or having a short fuse can also be symptoms of depression.

### Depression doesn't discriminate

People of any age, race, orientation, or ethnic background can experience depression. You can be financially well-off or struggling and still feel depressed. However, depression does affect some groups more than others. Women, for example, are 70% more likely than men to experience depression.

Other factors can make people more vulnerable to developing depression – such as experiencing medical conditions including cancer, Parkinson's disease, HIV, eating disorders, substance use, diabetes, or a stroke.

#### Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

## Treatment Works

Seeking professional help when struggling with depression is always a good idea. Social support is key to maintaining emotional health and well-being.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting 'TALK' to **741741**

Call the Suicide Prevention Lifeline at **1-800-237-8255**