

# DEPRESSION...

## How do I know?



If you have experienced 5 or more of the following symptoms everyday for more than 2 weeks, you may be suffering from major depression. A less severe form of depression may be indicated if you have experienced two or more symptoms over a long period of time:

- Feeling sad or hopeless
- Feeling nervous or “empty”
- Not enjoying things the way you used to
- Eating more or less than usual; significant weight gain or loss
- Having persistent backaches, headaches, stomach problems, or other aches that don’t respond to treatment
- Sleeping more or less than usual
- Feeling very tired or run-down
- Feeling restless or irritable
- Feeling worthless or guilty
- Being unable to concentrate, remember, or make decisions

- Feeling like nobody loves you
- Thinking often about death or suicide

### Who To Call For HELP

*Depression is almost always treatable; there is help available.* Listed below are resources that can aid you. Don’t hesitate, call today if you are having problems or just need to talk with someone.

#### ~ Call your local doctor

My Doctor’s phone number is:

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#### ~ Call the Department of Mental Health Help Line: 877-210-8513

If you or someone you know are having suicidal thoughts:

#### ~ Call 911 Emergency Services

#### ~ Call the National Suicide Prevention Life Line: 800-784-2433

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Sources: “Medical Self-Care for People Age 50 and Better Healthwise for Life,” Fifth Edition, [www.cdc.gov/pcd/issues/2008/jan/07\\_0150.htm](http://www.cdc.gov/pcd/issues/2008/jan/07_0150.htm)

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