



Feeling Blue?

As a person living with kidney disease, it is easy to get down sometimes. Everyone feels blue or sad once in a while. What if the feelings do not go away or get worse? You may be dealing with depression.

Common Signs and Symptoms

- Persistent sadness, anxiety, or empty feelings
- Feeling hopeless, guilty, or worthless
- Irritability or restlessness
- Fatigue or decreased energy
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or loss of appetite
- Thoughts of suicide and/or suicide attempts

If you are having suicidal thoughts, call the National Suicide Prevention Hotline by dialing 988. Volunteers are waiting to help you.

How Can I Get Help?

- Do not wait to get help. Try to see a professional as soon as possible. Research shows the longer you wait, the worse the depression can be down the road.
- Talk to your social worker or kidney doctor. They will be able to help!
- Try to be active and exercise. Try to do an activity that you enjoy. Fresh air helps.
- Try to spend time with positive people. Do not isolate yourself, let others help you.
- Positive thinking can replace negative thoughts as your depression responds to treatment. It takes time.
- Questions to ask your care team: I have some of the symptoms listed, what should I do? Where can I get help? What other signs should I look for?

For more information or to file a grievance, please contact:

ESRD Network 10
911 E. 86th St., Ste. 30
Indianapolis, IN 46240
Toll-Free: 800-456-6919

ESRD Network 12
2300 Main St., Ste. 900
Kansas City, MO 64108
Toll-Free: 800-444-9965

