

Feeling Blue?

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

COMMON SIGNS & SYMPTOMS

- Persistent sadness, anxiety, or empty feelings
- Feeling hopeless, guilty, or worthless
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue or decreased energy
- Overeating or loss of appetite
- Thoughts of suicide and/or suicide attempts (If you are having suicidal thoughts, call the National Suicide Prevention Hotline: 1-800-273-8255. 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 healthcare provider. 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?

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