



# What is Depression?

Depression is very common. It's not just feeling down or sad. It's a mixture of feelings and actions that a person has that makes up depression. Here are a few things to know about depression and ways to help manage your symptoms and again do the things in life that you enjoy.

## People who have depression often feel:

- restless or really slowed down
- tired all the time
- guilty
- pain in their bodies
- worthless, hopeless or helpless
- like they would be better off dead

## People who have depression often have:

- trouble enjoying things that use to be fun
- trouble getting stuff done
- trouble sleeping
- a poor appetite OR eat more than usual
- weight loss or weight gain

## Treatment Options for Depression

Depression is treatable, just like many other medical illnesses. Your doctor may recommend one or more of the following things to help you feel better and start doing the things that matter to you again.

**Medicine:** The most common medicine is called an antidepressant. Your doctor can talk to you more about that and if this type of medicine is best for you.

**Behavior change.** Your doctor may help you find a list of things that are fun to do and help you start planning ways to make time for those things again.

**Counseling/therapy.** Your doctor may be able to give you a list of therapist in your community who can help treat your symptoms and improve your functioning.

**Regular check-ins.** Even if you do not start medicine or therapy, your doctor will want to check in with you often to be sure your symptoms do not get worse and to help you if they do.



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