



DEPRESSION

Depression can affect anyone.

Everybody feels sad sometimes.

When someone feels sad a lot, he or she may need help.

It's not your fault. There is help.

A person who is depressed may experience some or all of these symptoms:

- Feels sad most of the time.
- Has trouble sleeping too much or not enough.
- Does not feel like eating, or eats more than normal.
- Feels tired all the time.
- Gets stressed out and angry easily.
- Loses interest in things they used to like.
- Has hard time thinking, concentrating or making decisions.
- Thinks about hurting themselves, or wants to die.

Please, talk to your doctor now if you feel like hurting yourself.

It is very important for you to take care of yourself.

And, it's hard to be a good parent if you're feeling bad.

Here are some things you can do to take care of yourself:

- Get some exercise.
- Avoid extra stress.
- Ask for help from someone you trust.

There is good treatment for depression. You can feel better again.

If you'd like to talk to someone about getting help, please talk to your child's doctor or nurse.

Helpful Resources

National Alliance for Mental Illness (NAMI) | www.nami.org You can call the National HelpLine at 1-800-950-6264, Monday through Friday, 10 am- 6 pm. The helpline provides:

- Information on depression and other issues affecting children and families.
- Referrals to local resources and support groups throughout the country.
- Support from trained volunteers who know what it is like and who have “been there”.

National Suicide Prevention Lifeline | www.suicidepreventionlifeline.org If you are in crisis or are suicidal, call 1-800-273-8255, 24 hours a day, 7 days a week. You can call for yourself or for someone you know. You will be connected to a trained counselor at a suicide crisis center nearest you. For a Spanish Language line, call 1-888-628-9454. Local crisis centers have interpreter’s services available.

Depression and Bipolar Support Alliance (DBSA) | www.dbsalliance.org If you are looking for information, referrals and Internet support groups for mood disorders.