



What is Depression?

Here are a few things to know about depression and ways that we can help you manage your symptoms and do the things in life that you enjoy again.

Depression is very common.

Depression is not just feeling down or sad. Some people say they also:

- Feel restless or really slowed down
- Have trouble enjoying things that used to be fun
- Have trouble getting stuff done
- Have trouble sleeping
- Feel tired all the time
- Have a poor appetite OR eat more than they usually do
- Lose weight OR gain weight
- Feel guilty
- Feel pain in their bodies
- Feel worthless, hopeless, or helpless
- Feel like they would be better off dead



Depression is treatable just like many other medical illnesses.

Treatment Options for Depression

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:

1. **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.
2. **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.
3. **Counseling/therapy.** Your doctor may be able to give you a list of therapists in your community who can help treat your symptoms and improve your functioning.
4. **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.