

Depression

Depression means feeling very sad. Feeling sad is ok. But it's not ok if you feel sad for a long time. You may need help.

How does depression feel?

- You may feel sad.
- You may not want to do anything.
- You may gain or lose weight.
- You may not sleep well.
- You may sleep a lot.
- You may think about dying.

If you feel any of these things, you should see a doctor.

Treating depression

To get better, you need to see a doctor. Treatment may include medicine.

Take care of yourself

Depression can make you feel sad. It will get better.

These tips may help:

- Be with other people.
- Stay busy
- Don't drink or do drugs.
- Go on a walk.
- Relax.

For more information, contact Mental Health America of Wisconsin at 414.276.3122, or via Email: info@mhawisconsin.org.

Mental Health America is a United Way of Greater Milwaukee Agency.

