



# DEPRESSION

## ***What is Depression?***

People who have depression are not just moody or down for a few days. They feel sad most of the time and lose interest in friends, family and the things they used to do every day. Many people with depression feel like they can't think straight and have no energy. Depression can change how a person feels, thinks and acts.

## ***What are the signs of Depression?***

The signs of depression may be different for everyone. Signs may include a sad mood, not enjoying the things a person usually enjoys doing, a change in how a person sleeps or eats, problems with thinking, feeling like a failure or thinking about death a lot.

## ***Why do people get Depression?***

People can get depression for different reasons. Sometimes people get depressed after somebody they care about dies or if they are dealing with a lot of stress in their life. Drinking and using drugs can also bring on depression. But sometimes, depression just seems to happen for no reason at all.

## ***How to people get rid of Depression?***

Most people with depression can get better. If you think you have depression, talk to your doctor. A doctor can help you figure out what may be causing the depression and what should be done about it. Most people can get help from talking to someone who knows a lot about illnesses like depression and from taking medicine.

## ***Why is it important to deal with Depression?***

People who have depression can't just "snap out of it". If they don't get help the depression can last for a very long time and it could make a person feel so bad that they kill themselves or hurt someone else.