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 oneself, or wants to die

Please, talk to your doctor now if you feel sad or 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.

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Here are some other 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**
The National Helpline, 1-800-950-6264, Monday - Friday, 10 am - 6 pm for:
- 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’s like and who have “been there”

**National Suicide Prevention Lifeline | www.suicidepreventionlifeline.org**
If you’re in crisis or 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’ll be connected to a trained counselor at a suicide crisis center nearest you. For a Spanish language line, call 1-888-628-9454. Many local crisis centers have interpreters.

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