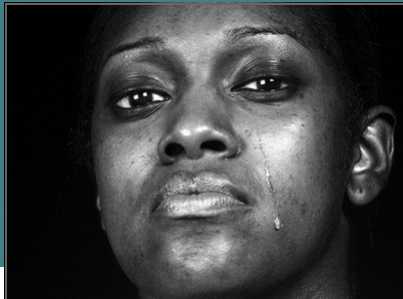


Depression Statistics

- As many as 1 in 8 adolescents have depression
- In adults ages 15–44 depression is the leading cause of disability
- About 6 million people are affected by late life depression
- Two women develop depression for every one man
- By 2020 depression will be the 2nd most common health problem in the world

Source: Depressionhelpspot.com



In the event of a crisis:

Crisis Lines

Richmond— 804-819-4100

Chesterfield—804-748-6356

Henrico—804-727-8484

Hanover—804-365-4200

1-800-SUICIDE

OLA Family Services

P.O. Box 2074
Mechanicsville, VA 23116
(804) 789-1956 or (804) 789-1986

Office Hours:
Monday through Friday
8:30 am - 5:00 pm

*Depression
and
Prevention*



OLA Family Services

Dealing with Depression

Everyone has or will experience feeling depressed in their lifetime. It is expected that at one time or another, you may feel sad or overwhelmed due to challenges in your life or, seemingly for no apparent reason at all. At times these feelings of sadness can become intense and prolonged to such an extent that daily functioning can become difficult.

How to help yourself:

- Seek help
- Try to be active
- Set realistic goals for yourself
- Break up large tasks into small ones
- Spend time with other people
- Replace negative thoughts with positive thoughts
- Expect your mood to improve
- Develop a support system
- Postpone important decisions

Symptom Checklist

Check all that apply:

Persistent sad, anxious, or “empty” feelings	
Feelings of hopelessness	
Feelings of guilt, worthlessness, or helplessness	
Irritability or restlessness	
Loss of interest in activities or hobbies once pleasurable	
Fatigue and decreased energy	
Difficulty concentrating, remembering details, & making decisions	
Insomnia, early morning-wakefulness, or excessive sleeping	
Overeating or appetite loss	
Aches or pains, headaches, cramps, or digestive problems that do not ease with treatment	
Thoughts of suicide, suicide attempts	

Use this checklist to talk over your symptoms with a mental health professional or your doctor.

How to help others:

- Offer emotional support, understanding, patience, and encouragement
- Be a good listener
- Invite them on an outing or activity
- Refer them to a professional



About Depression:

- It is a common and highly treatable condition
- It is not a sign of weakness or laziness
- People with depression don't just snap out of it
- Knowing the signs and symptoms can improve overall health and quality of life

It's okay to get help.