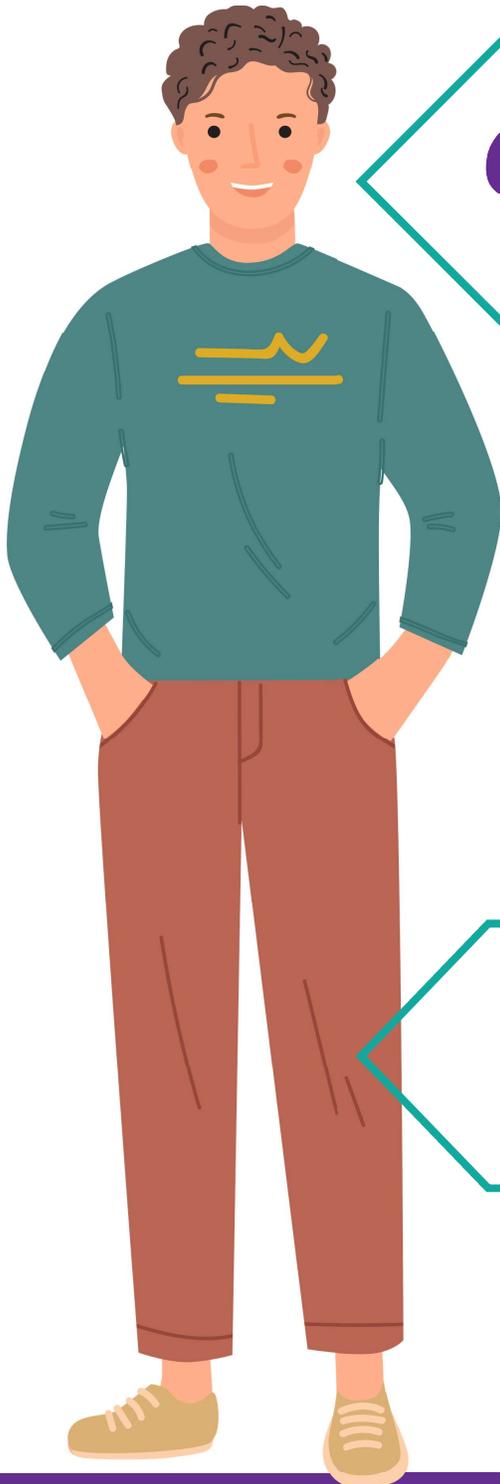
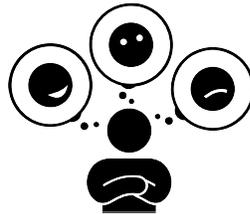


Everyone feels sad or down sometimes, usually when something bad or sad happens. Depression is when people feel really sad for a few months or longer. This resource describes some of the ways you may think or feel if you have depression.



BRAIN

- Feeling tired and having little energy.
- Changes in how much you sleep: a lot less or a lot more.
- Changes in how much you eat: a lot less or a lot more.



THOUGHTS/EMOTIONS

- Not interested in favorite subjects or activities.
- Thoughts about death or not wanting to be alive.
- Don't want to spend time with friends or loved ones.
- Easily frustrated, irritable, and easily upset about things that don't normally bother you.



BODY

- Not caring about taking care of your body, like brushing your teeth or showering.
- Feeling achy or having pain you can't explain. Having an upset stomach.