

Explaining Depression

Everyone feels sad or mad sometimes.



Feeling sad or mad for a long time might be depression.



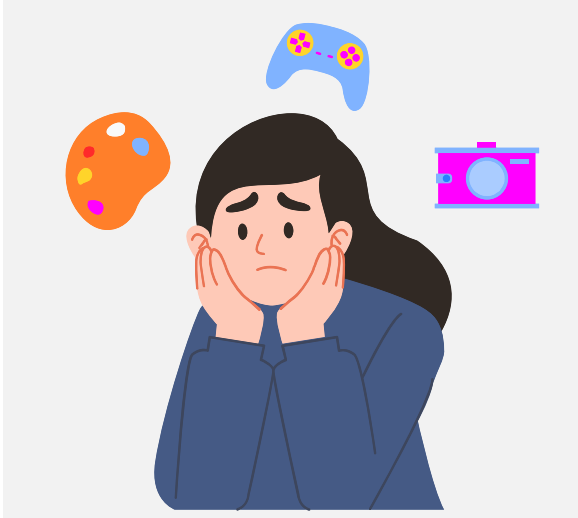
You might cry more often if you are depressed.



You might eat more or much less than you usually do if you are depressed.



Depression might make you not like to do the things you used to do.



It is important to tell a trusted person or doctor how you are feeling.



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