



Depression



Depression is known as the feeling of sadness and/or having a loss of interest in activities you once enjoyed.

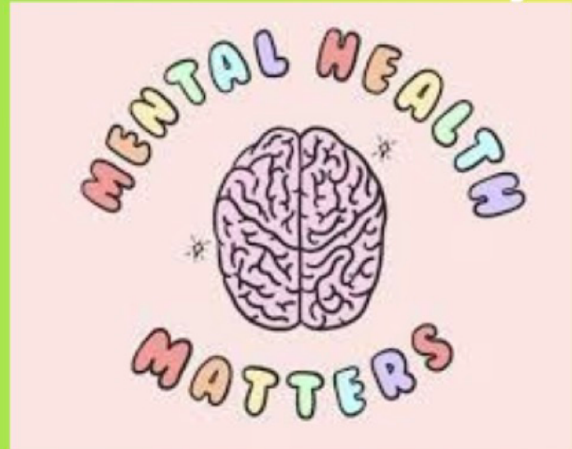
Treatment:

1. Medications

- This may take trial and error to find the right one for you).

2. Therapy

- If therapy is not for you having a good support system to talk with can be helpful also.



Therapy does not have to be in person there are many resources online to help. Many of them cost less than in-person therapy. All you will need is a cell phone or tablet connected to the internet.

Here are a few websites that may be helpful:

1. <https://www.betterhelp.com/get-started/>
2. <https://my.calmerry.com>
3. <https://try.talkspace.com>
4. <https://suicidepreventionlifeline.org/chat/>

Things to remember:

1. Medications can take up to a full month for you to feel anything.
2. Combination treatment produces the best outcome: Medications and Therapy.
3. To receive treatment such as therapy you must refer yourself, your provider cannot do this for you.
4. Seek help immediately if you are feeling suicidal or thinking of ending your life. You can call the Suicide prevention line anytime: # 800-273-8255.

