

What is **depression**?

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Depression is a real health problem. You do not feel like yourself. Out of balance brain chemicals sometimes cause depression. This may be helped with medicine or other treatment.

Who gets depression?

Anyone can get depression. Depression often runs in families.

How does depression feel?

- You may not think, feel, or act like yourself.
- Some people feel sad and “blue.”
- Other people are tired, bored, or feel like doing nothing.
- Some people feel angry or yell a lot.
- While some people can not sleep, other people sleep all the time.

What can I do for depression?

Go to a doctor if the sad, “blue,” or other bad feelings last for more than 2 weeks. Tell the doctor how you feel. This helps the doctor pick a medicine or other treatment.

Get help and feel like you again

Depression does not just go away. It is a real health problem. You can not just “snap out” of depression. Take the first step to feel like you again. Go to the doctor and get help.