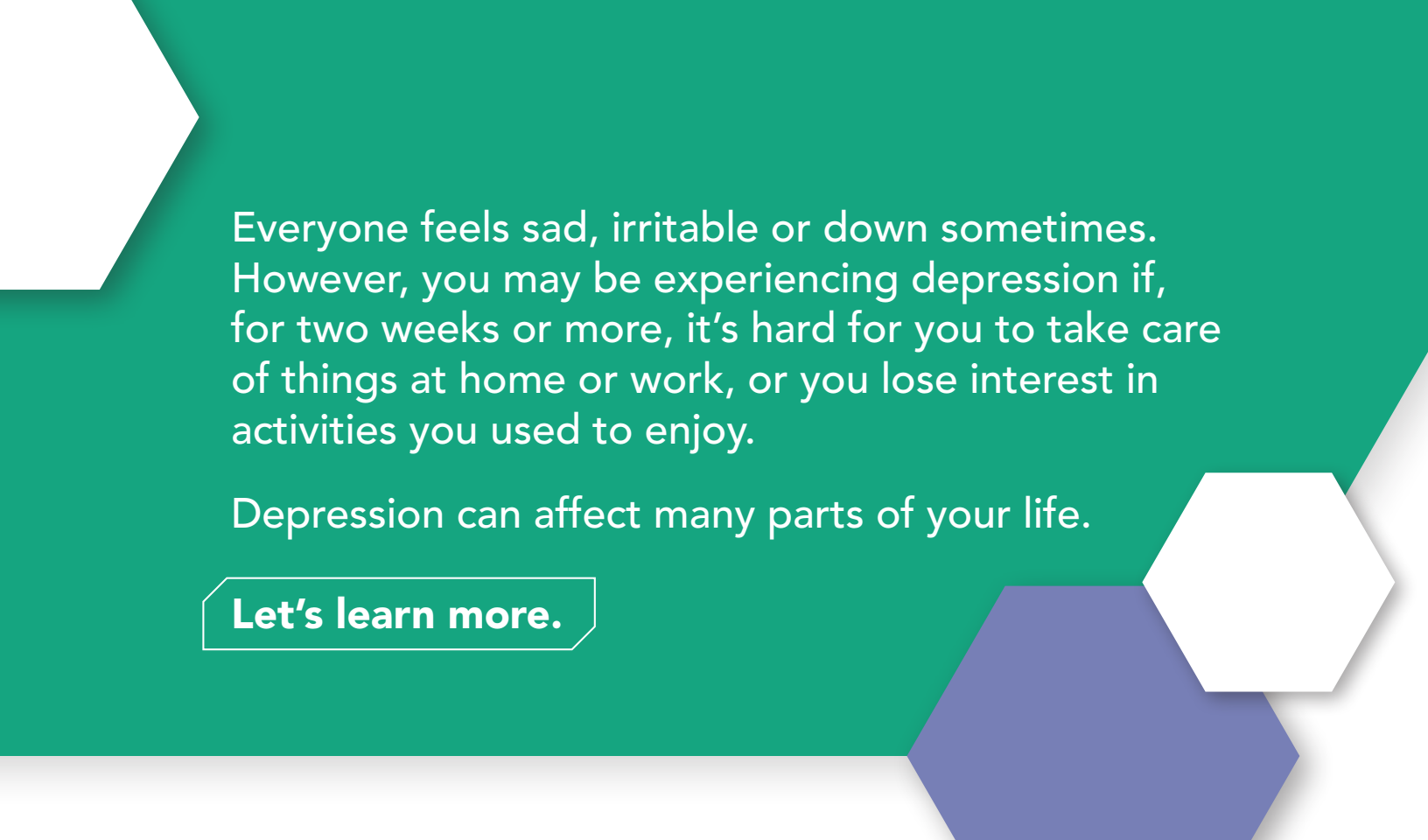




LET'S LEARN ABOUT DEPRESSION

YOU DON'T HAVE TO STRUGGLE ALONE

The background is a solid green color. In the top-left corner, there is a white geometric shape that looks like a large arrow pointing right. In the bottom-right corner, there are two overlapping hexagons: a white one on top and a purple one below it. The text is centered in the upper half of the page.

Everyone feels sad, irritable or down sometimes. However, you may be experiencing depression if, for two weeks or more, it's hard for you to take care of things at home or work, or you lose interest in activities you used to enjoy.

Depression can affect many parts of your life.

Let's learn more.



**Depression isn't real;
it's all in a person's head.**

True or False

Depression is an illness.

Depression is more than just a passing mood or feeling. And **it is not a made-up condition** that's all in a person's head.

Depression is not a choice or a sign of weakness and no one should feel ashamed about having it. It is an illness that affects the mind **and** the body.

Answer:
False





**People can develop depression
for many reasons.**

True or False

Depression can happen to anyone, but some people may develop depression because of:

- Major life changes, such as losing a job or having a child
- Traumatic experiences, such as the loss of a loved one or domestic violence
- Family history of depression or other mental illness
- Chronic illness
- Financial struggles
- Lack of social support
- Having more stress than you can cope with

Answer:
True






**Depression doesn't affect
the body.**

True or False

Depression affects both the mind *and* body

It might seem like the mind and body are separate – but they aren't. Your emotions can affect your physical health (e.g., feeling tired or having aches and pains when you feel stressed) and physical symptoms can affect your emotions.

Depression can also make it harder to take care of chronic illnesses, like diabetes or high blood pressure.



Answer:
False

Which of the below are signs and symptoms of depression?

PHYSICAL

- Fatigue
- Unexplained aches and pains
- Weight gain or loss
- Trouble sleeping or sleeping too much
- Nausea

EMOTIONAL

- Feeling sad or hopeless
- Losing interest in things you used to enjoy
- Not being able to focus
- Feeling like a failure
- Thoughts about death or suicide



Answer:

All of these are signs and symptoms of depression.

Depression affects people in different ways. You can have some or all of these symptoms. Talk to your health care provider to learn about other symptoms of depression.



**Medication is the only way
to treat depression.**

True or False

Working with a health care team is the best way to manage depression. The team can help you:

- ✓ Consider every possible treatment. For some, medication may be the best option for treating depression.
- ✓ Learn about side effects and answer questions. Remember to speak with your provider before stopping treatment.
- ✓ Connect with a counselor or therapist.
- ✓ Find ways to exercise more and eat healthier foods, which can improve your mental health.
- ✓ Set achievable goals.
- ✓ Connect to community and neighborhood resources.
- ✓ Practice self-care: exercise regularly, eat fruits and vegetables, and get rest.



Answer:
False



**Physical activity can help
manage depression.**

True or False

There are many ways to manage depression, including physical activity. It can:

- ✓ Help reduce the symptoms of depression
- ✓ Improve the quality of your sleep
- ✓ Improve your overall health

New York City offers free physical activity classes in all five boroughs through Shape Up NYC.

For more information, visit nyc.gov/parks and search for **Shape Up**.

Answer:
True





**You need to be in therapy
for a long time to feel better.**

True or False



Answer:
False

Short-term therapy can be successful.

Many cases of mild to moderate depression can be addressed in just a few weeks or months.

Don't struggle alone

Work with your health care team to manage your depression.

- Get treatment for your depression.
- Practice self-care: exercise regularly, eat more fruits and vegetables, and get a full night's sleep.
- Connect with social and support services, including NYC Well. NYC Well connects you to free, confidential information, services and counseling via phone or text.



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