Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks. In addition, people with depression normally have several of the following: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

During your teens and twenties

Adolescence and young adulthood present many opportunities — for meeting new people, visiting new places and finding a direction where your interests can be followed.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

During your teens and twenties

Adolescence and young adulthood present many opportunities — for meeting new people, visiting new places and finding a direction where your interests can be followed.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

During your teens and twenties

Adolescence and young adulthood present many opportunities — for meeting new people, visiting new places and finding a direction where your interests can be followed.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

During your teens and twenties

Adolescence and young adulthood present many opportunities — for meeting new people, visiting new places and finding a direction where your interests can be followed.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

During your teens and twenties

Adolescence and young adulthood present many opportunities — for meeting new people, visiting new places and finding a direction where your interests can be followed.

Much can be done to prevent and treat depression.

- Don’t wait. Remember that it’s important to see your doctor if you feel that you may be heading for depression.
- Get help. Talk to someone you trust or seek professional help.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly. Even if it’s just a short walk.
- Seek professional help. Your local health-care worker is a good place to start.
- Remember to talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.

There is a lot that you can do to keep mentally strong.

What you can do if you are feeling down, or think you may be depressed

- Seek professional help. Your local health-care worker is a good place to start.
- Exercise regularly, even if it’s just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.
- Seek professional help. Your local health-care worker is a good place to start.
- Talk to someone you trust about your feelings.
- Continue doing things you have always enjoyed, even when you don’t feel like it.
- Avoid or restrict alcohol intake and refrain from using illicit drugs.