

- It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- You get irritated often. Little things make you lose your temper; you over-react.
- Your sleep pattern changes; you start sleeping a lot more or you have trouble falling asleep at night. Or you wake up really early most mornings and can't get back to sleep.
- Your eating pattern changes; you've lost your appetite or you eat a lot more.
- You feel restless and tired most of the time.
- You think about death, or feel like you're dying, or have thoughts about committing suicide.

When You're Manic...

- You're rebellious or irritable and can't get along at home or school, or with your friends.
- You feel high as a kite...like you're "on top of the world."
- You get unreal ideas about the great things you can do...things that you really can't do.
- Thoughts go racing through your head, you jump from one subject to another, and you talk a lot.
- You're a non-stop party, constantly running around.
- You do too many wild or risky things: with driving, with spending money, with sex, etc.
- You're so "up" that you don't need much sleep.

Talk to Someone

If you are concerned about depression in yourself or a friend, **TALK TO SOMEONE** about it. There are people who can help you get treatment:

- a professional at a mental health center or Mental Health Association
- a trusted family member
- your family doctor
- your clergy
- a school counselor or nurse
- a social worker
- a responsible adult

Or, if you don't know where to turn, the telephone directory or information operator should have phone numbers for a local hotline or mental health services or referrals.

Depression can affect people of any age, race, ethnic or economic group.

Let's Get Serious Here

Having depression doesn't mean that a person is weak, or a failure, or isn't really trying...it means they need **treatment**.

Most people with depression can be helped with **psychotherapy, medicine, or both together**.

Short-term **psychotherapy**, means talking about feelings with a trained professional who can help you change the relationships, thoughts, or behaviors that contribute to depression.

Medication has been developed that effectively treats depression that is severe or disabling. Antidepressant medications are not "uppers" and are not addictive.

Sometimes, several types may have to be tried before you and your doctor find the one that works best.

Treatment can help most depressed people start to feel better in just a few weeks.

So remember, when your problems seem too big and you're feeling low for too long, **you are not alone**. There's help out there and you **can** ask for help. And if you know someone who you think is depressed, **you can help**: Listen and encourage your friend to ask a parent or responsible adult about treatment. If your friend doesn't ask for help soon, talk to an adult you trust and respect – especially if your friend mentions suicide.

What You Need to Know About Suicide...

Most people who are depressed do not commit suicide. But depression increases the risk for suicide or suicide attempts. It is **not** true that people who talk about suicide do not attempt it. Suicidal thoughts, remarks, or attempts are **ALWAYS SERIOUS**...if any of these happen to you or a friend, you must tell a responsible adult **IMMEDIATELY**... it's better to be safe than sorry....

Why Do People Get Depressed?

Sometimes people get seriously depressed after something like a divorce in the family, major financial problems, someone you love dying, a messed up home life, or breaking up with a boyfriend or girlfriend.