

Do they complain of

- Loss of energy and drive – so they seem “slowed down”?
- Trouble falling asleep, staying asleep, or getting up?
- Appetite problems; are they losing or gaining weight?
- Headaches, stomach aches, or backaches?
- Chronic aches and pains in joints and muscles?

Has their behavior changed suddenly so that

- They are restless or more irritable?
- They want to be alone most of the time?
- They've started cutting classes or dropped hobbies and activities?
- You think they may be drinking heavily or taking drugs?

Have they talked about

- Death?
- Suicide – or have they attempted suicide?

## ...Find Someone Who Can Help

If you checked several of the boxes, a friend may need help. Don't assume that someone else is taking care of the problem. Negative thinking, inappropriate behavior or physical changes need to be reversed as quickly as possible. Not only does treatment lessen the severity of depression, treatment also may reduce the length of time (duration) your friend is depressed and may prevent additional bouts of depression.

**If a friend shows many symptoms of depression, you can listen and encourage him or her to ask a parent or teacher about treatments. If your friend doesn't seek help quickly, talk to an adult you trust and respect - especially if your friend mentions death or suicide.**

There are many places in the community where people with depressive disorders can be diagnosed and treated. Help is available from family doctors, mental health specialists in community mental health centers or private clinics, and from other health professionals.

## For Additional Information About Depression Write To:

6001 Executive Boulevard, Room 8184,  
MSC 9663  
Bethesda, MD 20892-9663

For free brochures on depression and its treatment, call: 1-800-421-4211.

## For More Information About NIMH

The Office of Communications and Public Liaison carries out educational activities and publishes and distributes research reports, press releases, fact sheets, and publications intended for researchers, health care providers, and the general public. A publications list may be obtained by contacting:

Office of Communications and Public Liaison, NIMH  
Information Resources and Inquiries Branch

6001 Executive Blvd., Room 8184,  
MSC 9663

Bethesda, MD 20892-9663

Phone: 301-443-4513

TTY: 301-443-8431

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Mental Health FAX 4U: 301-443-5158

E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

Web site: [www.nimh.nih.gov](http://www.nimh.nih.gov)

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