Facts About Depression

Did you know?

**Depression:**

- Is the most common health condition that affects people all over the world
- Can destroy relationships
- Affects physical and mental health
- More than 17 million Americans develop depression each year
- More than 80% of people with depression improve within one year with treatment

YOU ARE NOT ALONE

Psst!! Eat dark chocolate, it helps with depression :)

If you identify with some of the symptoms described in this pamphlet and are concerned you might be depressed, please call:

BYUH Counseling Services
(808) 675-3518
Depression

While everyone’s experience of depression is unique, some symptoms are common. Almost everyone experiences depression at some point in life. However, it is important to know when to get help and that you can do something about depression.

Little victories lead to bigger victories, that affect the battles that eventually win wars.

Small events like getting out of bed, brushing your teeth, or eating breakfast are triumphs if you’re suffering from depression.

Support others with love and empathy. Don’t judge, condemn, or ignore their feelings.

You feel:
- Worthless
- Nothing good ever happens
- Things will never get better

Challenge the negative thoughts in your head:
- Your thoughts are results of your depressed mood and are likely not factual

You feel:
- Lonely
- Isolated
- No one cares about you

Find connection with others:
- Try spending more time with others
- Reach out in friendship
- Tell someone how you’re really feeling

You feel:
- Overwhelmed
- Burdened
- Too many things on your plate

Be aware of your stress levels:
- Don’t take on new projects or responsibilities
- Make your schedule more manageable
- Prioritize and narrow down

You feel:
- Tired/Worn out
- Sluggish
- Numb
- No/too much appetite

Take care of your body:
- Try to eat nutritious meals
- Do exercise
- Get enough sleep (not too much or too little)