



Signs of Depression

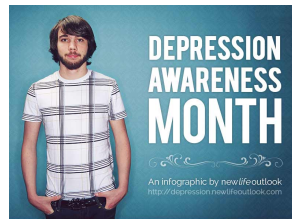
by NEWLIFEOUTLOOK TEAM

How To Know If You Have Depression

It's important to know the signs and symptoms of depression, so you can spot them in yourself and in loved ones. With between 9.5 and 16 million people suffering from depression in the U.S. alone, it's likely that at some point you will be affected by it, either directly or indirectly.

When you're depressed, it may seem like you're all alone and there's no way out, but know that this isn't true. Depression treatments are very effective and communities like New Life Outlook are filled with people who know exactly what you're going through. You just need to ask for help.

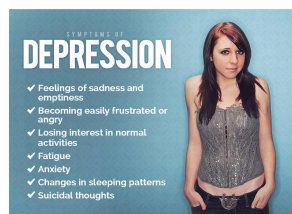
Read on to learn about the most common symptoms of depression and what you should do if you think you may be clinically depressed.



Depression is a **medical** condition that has a serious impact on a person's *mood, thoughts, behaviour and body.*



Depression is **very** real. It is **not** the same as simply having the blues.



Depression is the **strongest** risk factor for **suicide**



IF YOU THINK YOU HAVE DEPRESSION



Talk to your DOCTOR

He or she can
diagnose whether you
are suffering from
clinical depression and
begin treatment.



Take your MEDICATION

If you have been
prescribed medication,
be sure to take it and
give it time to work. If you
have been on a certain
medication for a
couple months and
you feel no different,
ask your doctor about
getting a different
prescription.



Attend COUNSELING

Studies show
antidepressants work
best when paired with
therapy. While some
people feel
uncomfortable with
the idea of seeing a
therapist, there's no
shame in admitting
you have a problem
and doing something
about it. Ask your
doctor for a referral.



The importance of EXERCISE

Getting out of the
house and getting
your blood flowing is
an easy way to
improve your mood.
Exercise releases
feel-good endorphins
in the brain, and gives
you something to
focus on other than
your negative
thoughts. Walking a
couple of blocks helps.



Talk to friends & FAMILY

You don't have to go
through this alone. Talk
to loved ones you
know you can rely on
to support you and tell
them about what
you're dealing with.



Continue with your TREATMENT

Don't stop going to
therapy or taking your
medication because
you've started to feel
better.

