

## **DEPRESSION**

Feeling sad is a normal reaction to bad news. This feeling is likely to come and go. Alcohol or drugs will only make these feelings worse. It is best not to use drugs or alcohol when you are feeling depressed. When a person is depressed for a long time (6-8 weeks) some changes start happening in their bodies. If those changes happen you will likely need some medication to help your body get back to normal.

### ***WHAT YOU CAN DO:***

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### ***WHAT YOU CAN DO:***

- **CRY.** Crying is a natural way to let the sadness go. It really can make you feel better.
- **TALK.** Talk to someone, like a healthcare worker, you trust about your feeling of sadness.
- **AVOID DRUGS AND ALCOHOL.** Do not use alcohol or drugs.
- **TAKE CARE.** Try your best to eat right and get plenty of rest.
- **BE AWARE.** Know the sign of serious depression.

### **SIGNS OF SERIOUS DEPRESSION:**

- Constant crying
- Feeling hopeless
- Feeling bad about yourself
- Not feeling hungry
- Sleeping all the time or not at all
- thinking about suicide (If you are thinking about suicide, tell someone right away)
- Loss of interest in things you like to do
- Loss of energy
- Lack of concentration.