



Feel down
or hopeless?

Have
trouble
sleeping?

Have trouble
concentrating?

Feel little
interest
or pleasure
in doing
things?

Have aches
and pains?

DEPRESSION

has many physical and emotional symptoms.

If you experienced any of these symptoms consistently over the past two weeks, you may be suffering from depression.

YOU ARE NOT ALONE.

Talk to your health care provider and contact **NYC Well**. NYC Well is a free and confidential call and messaging service with counselors who respond without judgement, and can connect you to ongoing support and care.

 1-888-NYC-WELL  WELL to 65173  nyc.gov/nycwell

NYC
Health