Tips for Handling Depression

Taking even one of these steps can help you feel better.

- Be Physically Active
- Eat a Healthy Diet
- Take Your Medicine
- Spend Time with People Who Support You
- Find Ways to Relax
- Don't Drink or Use Drugs
- Make Time for Things You Enjoy

Depression. It’s treatable. Talk to your doctor.

For help 24 hours a day, call 1-800-LifeNet (1-800-543-3638) or call 311 and ask for LifeNet.

See other side for common symptoms of depression.