

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