



feeling  
sad

can't  
concentrate



no energy

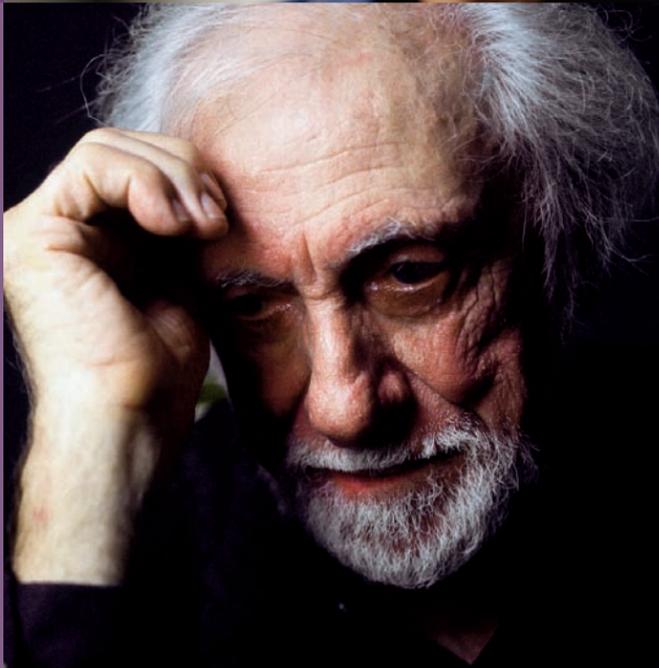
can't cope

sleep  
problems



appetite  
problems

hopeless



Have you asked your doctor about  
a simple test for depression?

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.



THE NEW YORK CITY DEPARTMENT of HEALTH and MENTAL HYGIENE  
Michael R. Bloomberg, Mayor  
Thomas R. Frieden, M.D., M.P.H., Commissioner  
Lloyd I. Sederer, M.D., Executive Deputy Commissioner for Mental Hygiene



GET HELP FOR DEPRESSION:  
A Key Step to a  
Healthier New York