DEPRESSION affects over 18 million (1 in 10) adults in any given year.

1 in 10 will take time off work due to depression.

DEPRESSION SYMPTOMS:
- Insomnia or sleeping too much
- Chronic mood changes
- Apathy
- Thoughts of death or suicide
- Poor memory
- Frequent crying

WHAT HELP IS AVAILABLE?
- Medication
- Exercise
- Counseling
- Call for help

Call National Suicide Prevention Lifeline
1.800.273.8255