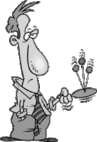
Depression

Signs of depression

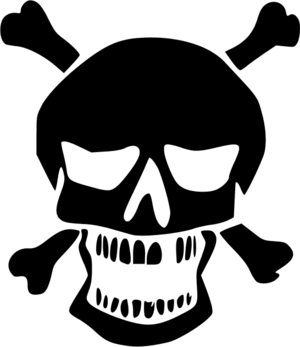


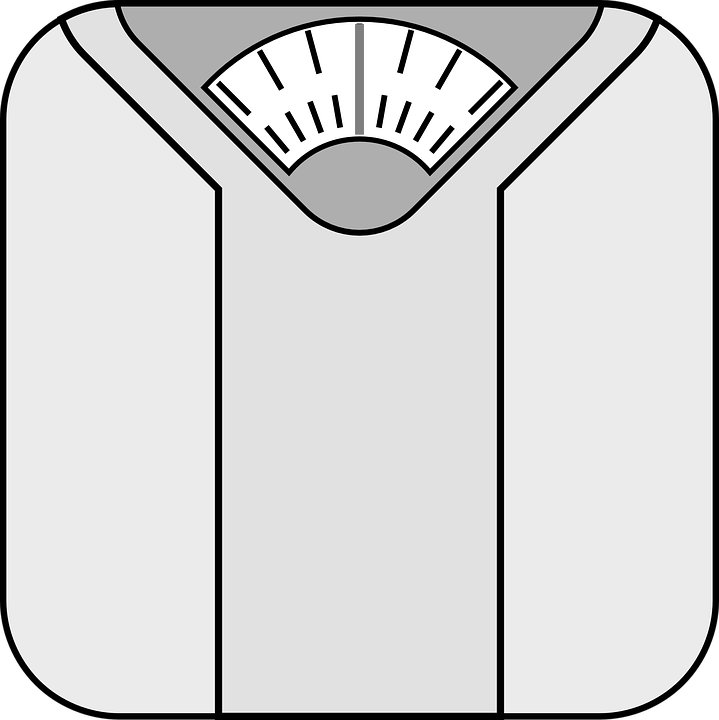


Difficulty concentrating

Sadness/feeling down

Lack of interest





CAPTION

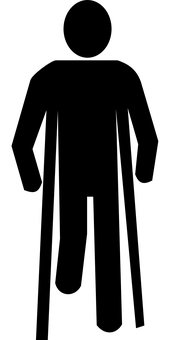
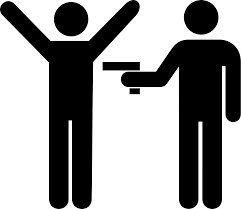
CAPTION

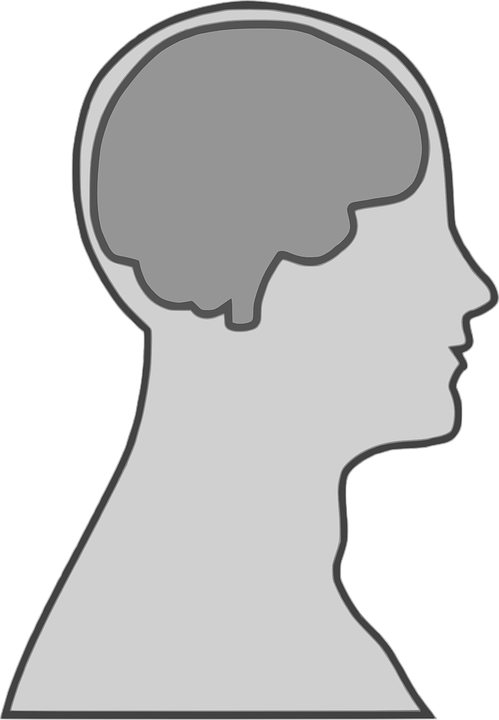
Thoughts about death

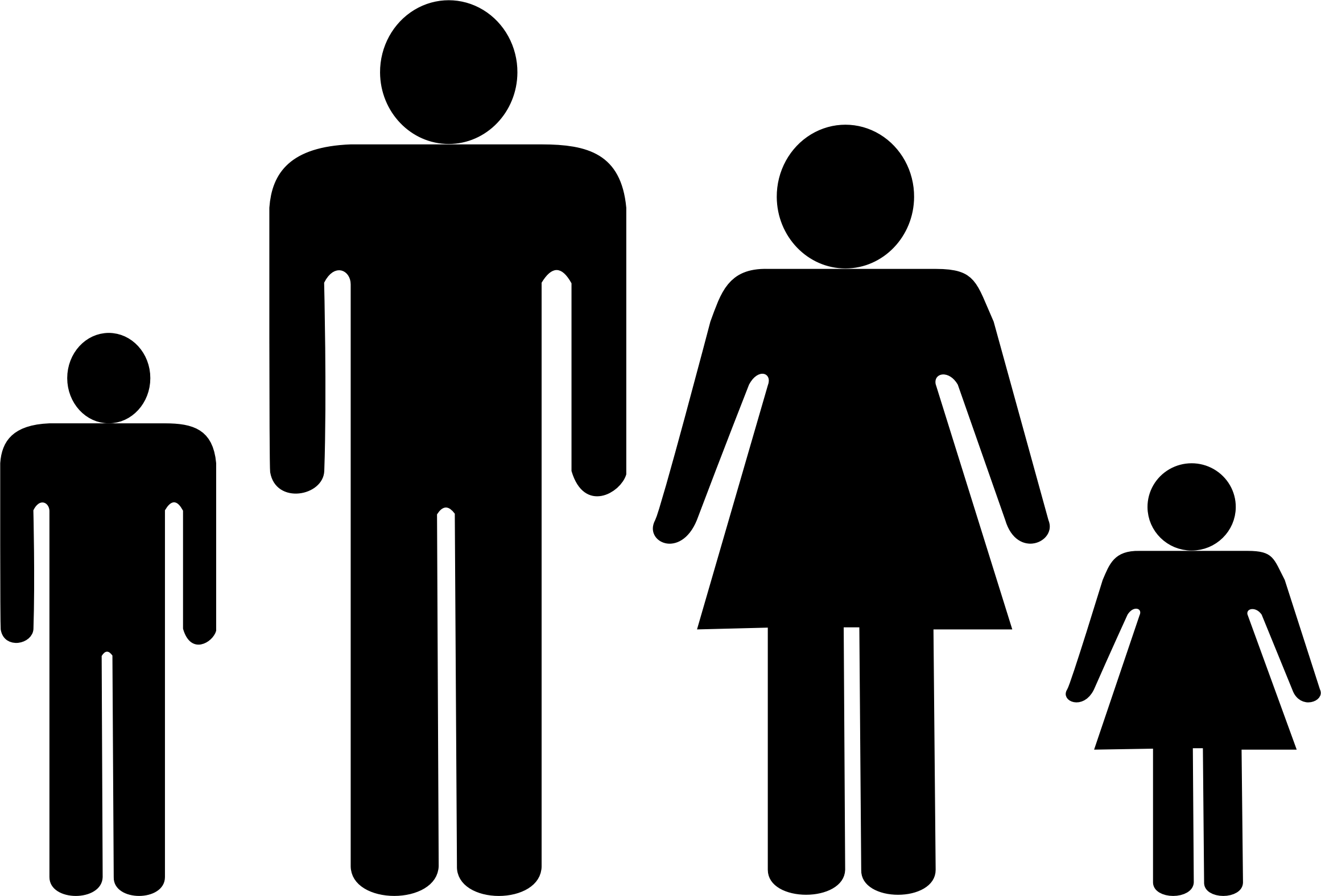
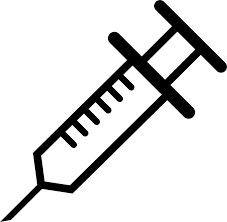
Difficulty sleeping

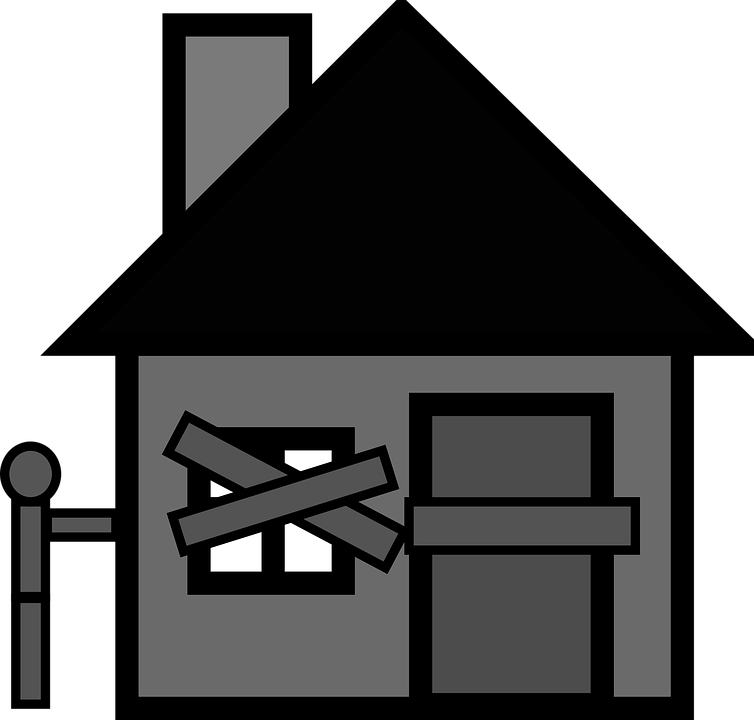
Appetite/weight change

What causes depression?









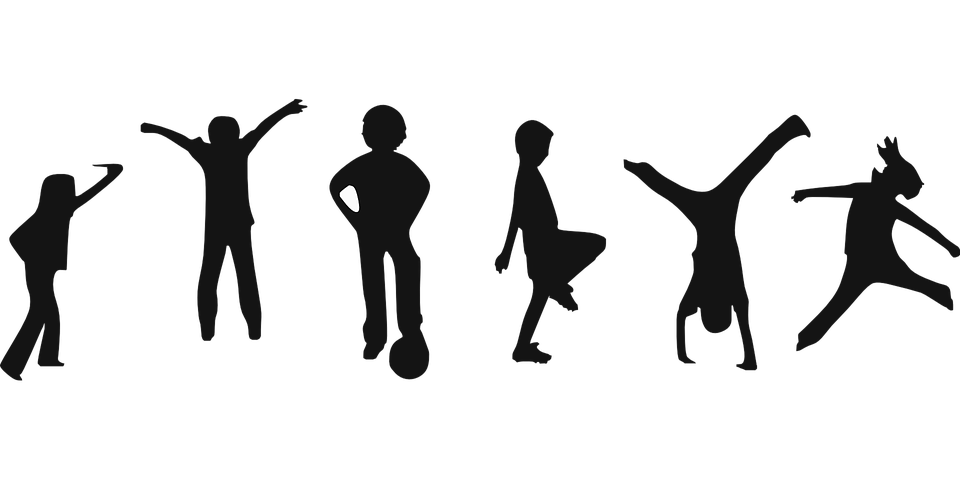
Genes/changes in brain chemicals

Substance use

Life stressors

How is depression treated?





Talk to your doctor about medications

More physical activity

Psychotherapy