OTHER HEALTH PROBLEMS AND DEPRESSION

Do you have any of these conditions?

- Arthritis
- Asthma or COPD
- Back pain or other pain
- Cancer
- Diabetes
- Heart attack
- Heart failure
- Migraine

Having one or more of any of these can make it harder to live everyday. When your health isn’t as good as it used to be, feeling sad or “blue” for a while isn't unusual. But feeling “blue” may be more serious if it lasts more than a few weeks. If this is how you are feeling, you may have depression. Help is available.

What is depression?

Depression is an illness, just like your other health problems. You do not feel like yourself or enjoy things that you used to. You may feel sad or empty, most of the day, nearly every day. By getting treatment for your depression, you may be better able to cope with your other health problems.

How do I get started?

Talk with your doctor about how you feel. Your doctor may suggest medicines, talking with a therapist, or both. Work together to make a plan for how you can take care of yourself.

How long does treatment last?

Depression is an illness that can improve with medicine and treatment. Like other illnesses, treatment may take a while to work.

Get help and feel like you again

Take the first step to helping yourself feel better. Be patient with yourself. Stick with your treatment.