

How does it feel?

- Feeling deep sadness, hopelessness or like you have failed.
- Having trouble keeping your mind on what you do
- Not wanting to be with others, feeling lonely or not liked
- Trouble getting yourself going
- Having trouble falling asleep, sleeping too much, or feeling more tired than usual
- Not feeling hungry or eating more
- Anger



Things that might help make you start to feel better:

- Talk to someone who listens good
- Spend time doing things that seem fun *without* alcohol or drugs
- Wear your most dressed up clothes
- Do chores; dance; exercise
- Talk to somebody at the hospital or guidance center

Where to get help

Police or Ambulance: 911

Tribal Guidance Center

Emergency Room

Local Health Center



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(Major Depression) - DEP-DP,FU,L
(Suicidal Behavior) - SB-WL,L

Depression (sadness)



If you feel this way, you may be depressed. Getting help can make your life better.

Depression can happen when things make you sad, worried or stressed. Things like:

- Death of a loved one
- Health problems
- Family or relationship trouble
- Money or job problems
- Adjusting to a new baby
- Abusing alcohol and drugs
- Not having a home



Things to know:

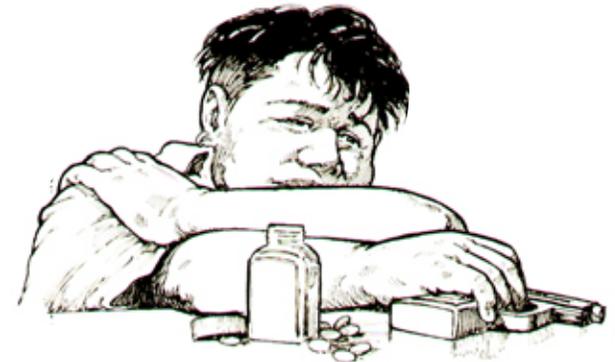
- If you are depressed, you are not alone
- Depression is not a sign of weakness
- Using alcohol or drugs makes depression worse
- Depression is different than being sad: It's harder for it to go away

Getting help can save your life!

- A health care provider can tell if someone is depressed
- Depression can be treated with counseling and medicine

Before trying to kill themselves, people often do or think these things:

- Suddenly giving things away
- Writing or talking about death
- Hurting themselves
- Making plans to hurt themselves
- Thinking they are better off dead



Sometimes suicide seems like the only way to stop pain. IT IS NOT! Get help!

Sometimes sadness is very real in our lives and doesn't go away.....

