

**Feelings of**

# **DEPRESSION**

**Impacts Your Health!**

## **IF YOU FEEL:**

Irritable.

Feeling Down

Excessive Guilt.

Lack of Motivation.

Change in Interests.

Feeling Disconnected.

Agitated or Panicking.

Sleeping Too Much or Not Enough.

## **Depression Can Be Helped By:**

Accessing caring messages or positive affirmations.

Listening to your favorite music or uplifting songs.

Using mindfulness or deep breathing exercises.

Delaying decision making for 24-48 hours

Talking to a friend or family member.

Staying active, drinking water, focusing on well balanced nutrition.

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



**988** | SUICIDE & CRISIS  
LIFELINE  
<https://chat.988lifeline.org/>

**CRISIS TEXT LINE** |  
Text NATIVE to 741741

**EAP24 HOURS A DAY**  
800-222-0364 | FOH4You.com