

YOU ARE NOT ALONE.

FACTS ABOUT DEPRESSION IN TEENS

- **DEPRESSION IS MORE THAN SADNESS.**
- **DEPRESSION IS COMPLEX.**
- **WHEN YOU ARE DEPRESSED, DEPRESSION MAY AFFECT MANY ASPECTS OF YOUR LIFE.**
- **IF YOU ARE DEPRESSED, YOU ARE NOT ALONE.**
- **DEPRESSION IS TREATABLE.**
- **DEPRESSION DOES NOT GO AWAY ON ITS OWN.**

IF SYMPTOMS LAST MOST OF THE DAY FOR AT LEAST TWO WEEKS...TALK TO YOUR PARENTS, A TRUSTED ADULT, OR A DOCTOR NOW.

Crisis Lines

ENGLISH 1 (800) 273-TALK (8255)
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