

# *Feelings of* **DEPRESSION** *Don't Define Us!*

## **IF YOU FEEL:**

Irritable

Feeling Down

Excessive Guilt

Can't Concentrate

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

Writing in a Journal

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

**EAP** 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.foh4you.com)

