

Depression and Anxiety

Feeling depressed or anxious can be overwhelming. You can feel better. We care and would like to help.

How do I know if I'm depressed?

You may be depressed if you're feeling sad, hopeless, or bad about yourself a lot of the time, or if you don't like doing the things you usually like to do.

How do I know if it's anxiety?

You might have anxiety if you are stressed for a long time, can't control your worrying, if it gets in the way of things you usually do, or you feel nervous or panicky a lot of the time.

What can help? You are the best person to know what will help you feel better. If you need ideas, here is a list of things that have helped others feel better:

- Talking to a friend I trust
- Getting some exercise
- Eating good food
- Playing with my dog, cat, or other pet
- Talking to a counselor
- Meditating
- Taking a nap
- Wearing something that makes me feel good
- Taking my medication
- Journaling
- Listening to music
- Taking a walk
- Watching a funny movie
- Running my hands under water
- Brushing my teeth
- Helping someone else

Things that helped before when I was depressed or anxious:

What I could try now:

It's ok if you feel sad or anxious. Your feelings are real and important. If you have questions or want to talk to someone, you can call (site clinician)