

Feeling Depressed?  
You Are Not Alone.  
Get Help Today.

**NYC**  
**HEALTH+**  
**HOSPITALS**



# What is depression?

Depression is a common illness that can affect your thoughts, mood, or behavior. It can make it hard for you to work, study, or do everyday activities.

If you have depression, you are not alone. Millions of Americans are diagnosed with depression every year. Depression can be serious, but it can also be treated.

## How can I tell if I am depressed?

It is normal to feel sad sometimes. But if you feel sad or anxious for at least two weeks, you may be depressed. If you are depressed, you:

- + May no longer enjoy or care about doing things you used to like to do
- + Feel sad, down, or hopeless most of the day, almost every day

Get help right away if you are thinking about hurting yourself.

Call 1-888-NYC-WELL (1-888-692-9355) for free, confidential help at any time.



Depression can also make you:

LOSE OR GAIN WEIGHT WITHOUT MEANING TO



SLEEP TOO MUCH OR TOO LITTLE



FEEL TIRED OR LIKE YOU HAVE NO ENERGY



FEEL GUILTY OR LIKE YOU ARE WORTH NOTHING



FORGET THINGS OR FEEL CONFUSED



THINK ABOUT DEATH OR SUICIDE



## How can I get help?

Do not be afraid or embarrassed to talk to your care team about depression. We want to help you. You can:

- + See your doctor and talk to a trusted care team member about what you're going through
- + Get counseling in person or by phone
- + Take medicine

Talk to your care team today about the best treatment options for you.

## What else can I do to help myself feel better?

Remember, if you are taking medicine for your depression, it may take 2 to 4 weeks to start working. Here are other things you can do that may help:



**SPEND TIME WITH THE PEOPLE WHO LOVE AND SUPPORT YOU**

**BE ACTIVE AND GET EXERCISE**



**DO NOT DRINK ALCOHOL OR DO DRUGS**

**WAIT TO MAKE IMPORTANT LIFE DECISIONS UNTIL YOU FEEL BETTER**



## When will I feel better?

Different treatment options take a little time to start working. Do not give up. Talk to your care team about what is working and not working for you.

If you want to talk to someone about depression, please contact:

NAME

PHONE

We care about your emotional health just as much as your physical health. Getting help is the best thing you can do for yourself and your loved ones.



Live Your Healthiest Life. **NYC  
HEALTH+  
HOSPITALS**

Call for an appointment  
**1-844-NYC-4NYC**



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