

MENTAL HEALTH AWARENESS



More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. ([Mayo Clinic](#))



WHAT IS DEPRESSION?

Depression is a mood disorder that causes persistent sadness and loss of interest.

Also called major depressive disorder or clinical depression affects how you feel, think and behave and can lead to various emotional and physical problems. You may have trouble doing normal day-to-day activities and sometimes feel as if life isn't worth living.



DEPRESSION CAN LOOK LIKE...

- Not going out anymore
- Not getting things done at work or school withdrawing from close family and friends
- Not doing usually enjoyable activities inability to concentrate

Citation: [Beyond Blue](#)



DEPRESSION CAN FEEL LIKE...

- Exhaustion
- Guilt
- Overwhelm
- Lack of self-esteem
- Sad or unhappy

Citation: [Beyond Blue](#)



WHAT IS ANXIETY?

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns.

Anxiety is not the same as fear but is often used interchangeably. Anxiety is considered a future-oriented, long-acting response broadly focused on a diffuse threat, whereas fear is an appropriate, present-oriented, and short-lived response to a clearly identifiable and specific threat.

Citation: [American Psychological Association](#)



7 COMMON ANXIETY SYMPTOMS

- 1 Feeling restless, wound-up, or on-edge
- 2 Being easily fatigued
- 3 Having difficulty concentrating
- 4 Being irritable
- 5 Having headaches, muscle aches, stomachaches, or unexplained pains
- 6 Difficulty controlling feelings of worry
- 7 Having sleep problems, such as difficulty falling or staying asleep



HOW TO SUPPORT FRIENDS AND LOVED ONES

- ♥ Validate and listen to what the person is saying
- ♥ Don't try to diagnose
- ♥ Ask how you can help and provide resources
- ♥ Don't gossip about someone's mental health.
- ♥ Ask if you can provide a distraction, like going for a walk, playing a video game together, or doing something both people enjoy
- ♥ Know your limits

Citation: [Child Mind Institute National Resources](#) [Crisis Text Line](#) [Veterans Crisis Line](#) [Trans Lifeline](#) [The Trevor Project](#) [988 Suicide & Crisis Lifeline](#)