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







FEEL LIKE...

- Guilt
- Overwhelm

Exhaustion

- Lack of self-esteem Sad or unhappy

Citation: Beyond Blue



Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood

WHAT IS ANXIETY?

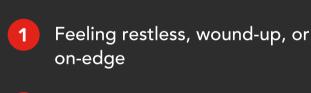
pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. Anxiety is not the same as fear but is often used interchangeably. Anxiety is considered a future-oriented, long-

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

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OMMON ANXIETY SYMPTOMS



Having headaches, muscle 5 on-edge aches, stomachaches, or unexplained pains

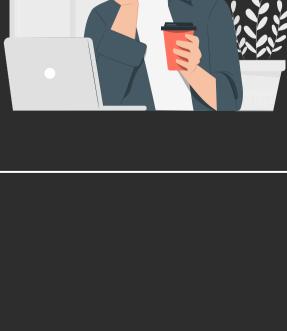
Having difficulty concentrating 3 Being irritable

Being easily fatigued

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- worry Having sleep problems, such as difficulty falling or staying

asleep

Difficulty controlling feelings of





- Validate and listen to what the person is saying
- Ask how you can help and provide resources

Don't try to diagnose

- 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

AND LOVED ONES

Know your limits

Citation: Child Mind Institute National Resources Crisis Text Line

Veterans Crisis Line Trans Lifeline

The Trevor Project 988 Suicide & Crisis Lifeline