

## what is depression?

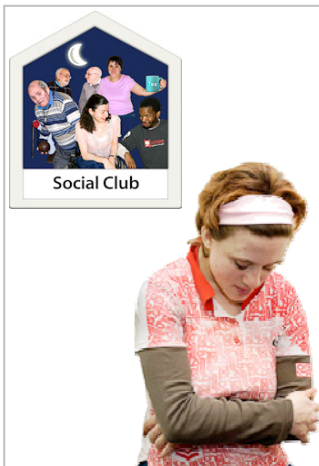


- **depression** is when a person feels sad for long periods of time

## depression can make you feel

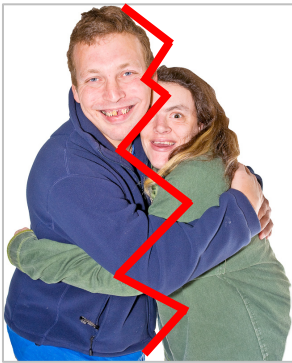


- bad about yourself
- lonely
- tired
- angry



- you may
  - not want to talk to anyone or go anywhere
  - find it hard to sleep
  - sleep too much
  - not feel like eating
  - feel like eating too much
  - want to hurt yourself

there are many reasons a person can get **depressed**



- when someone close to you has died
- when you are having health problems
- when a favourite worker has left
- when you have split up with your boyfriend or girlfriend
- when things are getting too much for you
- sometimes it is hard to know why you are depressed



- **anyone** can get depressed
- lots of people feel better when they get help