# How do I get help for depression?

You're not alone, and help is available. You can feel better. To get help:

- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.
- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called “talk therapy”), medication, or a combination of medication and talk therapy.
- **Try to spend time with friends or family**, even if you don’t feel like you want to.
- **Stay active and exercise**, even if it’s just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.
- **Try to keep a regular sleep schedule.**
- **Eat healthy foods.**

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## Do I have depression?

- **Do you often feel sad, anxious, worthless, or even “empty”?**
- **Have you lost interest in activities you used to enjoy?**
- **Do you get easily frustrated, irritable, or angry?**
- **Do you find yourself withdrawing from friends and family?**
- **Are your grades dropping?**
- **Have your eating or sleeping habits changed?**
- **Have you experienced any fatigue or memory loss?**
- **Have you thought about suicide or harming yourself?**

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

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For immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.