

HELPING A FAMILY MEMBER OR FRIEND

Learn about their condition. It helps you understand and support them better.

Watch for early signs like low mood, fatigue, or trouble sleeping. Talk about past episodes to help them recognize symptoms early.

Be supportive. Avoid blaming or pushing them to "just be happy." Instead, ask how they're feeling, offer specific help, and follow through.

Stay calm and listen. Help them feel heard, then guide them toward getting support.

Take care of yourself too. Connect with others who are supporting loved ones with depression.

In an emergency call 911

Call or text 988 for mental health help

Call your primary care provider or mental health provider. Treatments - both pharmacologic and nonpharmacologic - can help.

Find resources on how to help others visiting www.nami.org/Blogs or scanning the QR

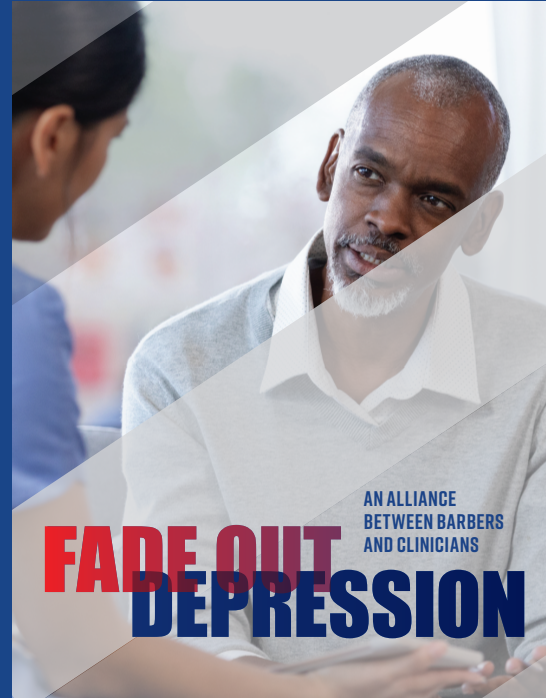


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DEPRESSION IS MORE THAN JUST SADNESS

it interferes with daily life,
and it doesn't go away on its own.



WHAT ARE THE SYMPTOMS?

- Persistent sad mood, most of the day, nearly every day
- Loss of interest or pleasure in hobbies and activities, including sex
- Feelings of guilt, worthlessness, helplessness
- Decreased energy, fatigue, feeling "slowed down"
- Restlessness or irritability
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or excessive sleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts



FADE OUT DEPRESSION

AN ALLIANCE BETWEEN
BARBERS AND CLINICIANS

WHAT ARE THE EFFECTIVE TREATMENTS?

Antidepressant medications prescribed by your medical provider can reduce the symptoms of depression; you may need to try a few different combinations, and it may take time to find what works best for you.

Counseling provided by a psychotherapist can help you manage your mood and re-engage in activities that you may have lost interest in

by help you challenge and change your thoughts and behaviors and improve your mood. Treatment takes time and effort.

TMS or transmagnetic stimulation that uses an electromagnetic coil to stimulate the brain. This can be helpful for patients for whom medications have not worked.

Physical exercise has also been shown be effective in addition to medication and counseling to alleviate symptoms of depression.

WHAT ARE THE RISKS?

People suffering from depression face an increased risk for suicidal thoughts and attempts. Suicide is preventable and **it is important to know the warning signs and seek help right away.** If a person talks about having no reason to live, being a burden to others, feeling trapped, having unbearable pain and hopelessness or about killing themselves; it is important to **get help right away.**

KNOWING MORE CAN SAVE LIVES

Scan the QR code for more resources to identify depression symptoms and how to help others

