

COPING WITH DEPRESSION

Depression affects how you think, feel, and function. Recovery takes time, but you can take steps every day to help yourself heal.

Understand What's Happening

Depression is not a sign of weakness—it's a health condition that affects mood, motivation, energy, sleep, and concentration. It's treatable, and recovery is possible.

Reach Out for Support

Talk to someone you trust about how you're feeling.

Reach out to a counselor, therapist, or doctor.

If you ever feel hopeless or unsafe, call or text 988 (Suicide and Crisis Lifeline).

Take Care of Your Body

Sleep: Aim for 7-9 hours per night.

Eat regularly: Choose foods rich in nutrients (fruits, vegetables, proteins).

Move your body: Even gentle movement—walking, stretching, dancing—can lift mood.

Avoid numbing out: Alcohol and drugs can worsen depression over time.

Challenge Negative Thoughts

Depression can distort your thinking. Try asking yourself:

- "What's the evidence this thought is true?"
- "If my friend felt this way, what would I tell them?"
- "Is there another way to see this situation?"

You don't have to believe every thought your depression tells you.

Create Small Goals

When energy is low, aim small:

- Take a shower.
- Open a window.
- Step outside for five minutes.
- Write down one thing you accomplished today, no matter how small.

Small steps count. Recovery is built from them.

Crisis Resources

988 Suicide & Crisis Lifeline:
Call or text 988

Crisis Text Line:
Text HOME to 741741

SAMHSA Helpline:
1-800-662-HELP (4357)

Stay Connected

Depression thrives in isolation. Stay linked to others—even a text or short call helps. If socializing feels hard, start with low-pressure contact.

Engage in Meaningful Activities

Depression can rob you of motivation, but doing things that once brought purpose or pleasure—reading, music, helping others, hobbies—can reignite sparks of interest and connection.

Practice Self-Compassion

Speak to yourself with the same kindness you'd offer someone you love. Healing isn't linear, and bad days don't erase progress.

Know When to Seek Help

If symptoms last more than two weeks, interfere with daily life, or lead to thoughts of death or self-harm, professional help is essential. Therapy, medication, or a combination of both can make a big difference.