

Do you have any of these signs?

- ☐ Feel sad or cry a lot
- ☐ Feel stressed
- ☐ Feel angry
- ☐ Problems sleeping
- ☐ Feel very tired or slowed down
- ☐ Feel guilty all the time
- ☐ Lose or gain a lot of weight
- ☐ Use a lot of drugs or alcohol
- ☐ Think about hurting yourself or others
- ☐ Think about death or killing yourself



See back side of this brochure
for more information about
help with depression

Where can I get help?

Call a doctor to make an appointment right away.

Need to find a doctor?
Call the Family Health Line at
(888) 604-4636

For counseling help
Call the ACCESS Help Line at
(800) 491-9099

If you are a parent
Call the Family Paths Hotline at
(800) 829-3777 or
(510) 893-5444
24 hours a day, 7 days a week
www.familypaths.org

If you feel you may hurt
yourself or others
Call the Crisis Support Hotline at
(800) 309-2131
24 hours a day, 7 days a week



ALAMEDA COUNTY
PUBLIC HEALTH
DEPARTMENT

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How do I know if I'm depressed?



What is Depression?

- It is an illness that can be treated
- It is common in women
- It can come at any time in your life

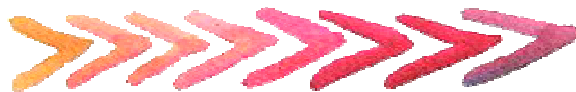
It sometimes comes from:

- Stress
- Relationship problems
- Pregnancy
- Having a baby
- Death of a loved one



How can I feel better?

- Talk to a doctor
- Get counseling
- Combine counseling and medicine
- Talk to someone who listens and comforts you
- Join support groups



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