

General Facts

Depression is a common illness. Anyone can get it. Depression affects people from all cultures, rich and poor. It is not a sign of weakness. It can be treated. The most important thing: if you feel “down” a lot, tell your Provider. That’s the first step to start feeling better.

What is Depression?

Depression is a mood disorder. It isn’t just feeling “down”. It isn’t just feeling sad after a loss or when times are hard. Depression is a disease like diabetes or high blood pressure. It affects how you think and feel. If you feel “down” all the time for two weeks, you may be depressed.

Symptoms of depression include:

- Feeling sad, blue, or down in the dumps
- Being unable to enjoy activities you used to enjoy
- Feeling slowed down or restless
- Trouble sleeping or sleeping too much
- Loss of energy or feeling tired all the time
- Increase or decrease in appetite or weight
- Problems concentrating, thinking, remembering, or making decisions
- Feeling worthless or guilty
- Feeling hopeless
- Thinking about death or suicide

If I’m Depressed, What Can Be Done About It?

The good news is that **depression can be treated**. A Mental Health Professional can help with counseling and/or medicine. You can help your Mental Health Professional by:

- (a) saying how you really feel
- (b) asking questions
- (c) following the treatment you and your doctor decide is best for you
- (d) getting a physical examination from your Primary Care Provider.

Fè Jeneral yo

Depresyon se yon maladi ke ou jwen souvan. Li afekte moun ki sòti nan tout kalite kilti, rich ak pòv. Sa pa vle di ke moun la fenyàn. Yo ka trete li. Bagay ki pi enpòtan an: si ou santi moral ou “ba” anpil, di moun ki ba ou swen sante. Se premye etap pou w kòmanse santi w miyò.

Ki sa ki yo rele Depresyon?

Depresyon se yon maladi ki chanje imè ou. Se pa sèlman santi ke moral ou “ba”. Se pa sèlman santi kè w pa kontan apre yon lanmò oswa lè lavi a di. Depresyon se yon maladi tankou dyabèt oswa tansyon. Li afekte jan ou panse ak jan ou santi w. Si ou santi moral ou “ba” san rete pandan de semèn, ou ka genyen depresyon. Sentòm depresyon yo se:

- Santi kè w pa kontan, moral ou ba oswa lespri w pa la
- Paka pran plezi w ankò jan ou te konn fè li anvan
- Santi w ralanti nan aktivite w oswa pa konnen ki kote pou w mete kò w
- Pwoblèm dòmi oswa dòmi twòp
- Pèdi enèji w oswa santi w fatige tout tan
- Apeti ou oswa pwa ou vin monte oswa bese
- Pwoblèm konsantre, panse, sonje oswa pran desizyon
- Santi w ou pa vo anyen oswa koupab
- Pèdi espwa
- Anvi mouri oswa touye tèt ou

Si Mwen Deprime, Kisa Yo Ka Fè Pou Sa?

Bon nouvèl la se ke yo **ka trete depresyon**. Yon Pwofesyonèl Sante Mantal ka ede ak konsèy ak/oswa medikaman. Ou ka ede Pwofesyonèl Sante Mantal ou a lè ou:

- (a) di jan ou santi w tout bon vre
- (b) mande kesyon
- (c) swiv tretman ke oumenm ak doktè w deside ki pi bon pou ou
- (d) resevwa yon ekzamen medikal nan men moun prensipal ki ba ou swen sante

Pou piplis enfòmasyon kontakte:

**Alyans Nasyonal pou Maladi Mantal
(National Alliance for the Mentally Ill)**

Enfòmasyon sous depresyon ak lòt maladi sante mantal, lwa Eta ak federal, atik journal, verite yo ekri sou depresyon epi piplis ankò.

www.nami.org/index.html

**Asosyasyon Nasyonal Moun ki Soufri Depresyon epi Gwo Depresyon Grav
(National Depressive and Manic-Depressive Association)**

Enfòmasyon sous tout kalite depresyon, depresyon kay jenn timoun, istwa malad ki geri ak siksè epi eksperyans klinik ki disponib. Li bay detay sou kote biwo yo sitiye nan katye yo, pwogram edikasyon, tout bagay nèf ki fèt, kalandriye aktivite epi piplis.

<http://www.ndmda.org/>

**Asosyasyon Nasyonal Sante Mantal
(National Mental Health Association)**

Enfòmasyon ak resous tankou mwayen pou detekte depresyon, sentòm, kesyon yo poze pi souvan, kalite tretman, pwoblèm depresyon kay fanm, depresyon kay granmoun epi yon kalandriye tout aktivite yo.

Oubyen rele: 1-800-969-6642

www.nmha.org/ccd/index.cfm

**Enstiti Nasyonal Sante Mantal
(National Institute of Mental Health)**

Oubyen rele: 1-866-615-6464

www.nimh.nih.gov

**Fondasyon Nasyonal pou Maladi Depresyon
(National Foundation for Depressive Illness)**

Oubyen rele: 1-800-239-1265

www.depression.org

**Depatman Sante ak Ijèn mantal Vil Nouyòk
(NYC Department of Health & Mental Hygiene)**

Li genyen yon "Kalandriye Aktivite" ki genyen yon sou seksyon sou Sante Mantal, Alkolism ak depandans chimik. Enfòmasyon sou gwoup kap bay sipò.

www.nyc.gov/health

Liy telefòn dirèk LIFENET pou kesyon (LIFENET Hotline)

Sèvis 24 è 7 jou nan semèn la pou referans ak enfòmasyon pou tout entèvansyon sekre sou yon pwoblèm grav nan vil Nouyòk.

Nan Angle: 1-800-LIFENET (1-800-543-3638)

Nan Panyòl: 1-877-AYUDESE (1-877-298-3373)

Nan Chinwa: ASIAN LIFENET (1-877-990-8585)

Tout lòt Lang: 1-800-LIFENET (1-800-543-3638)

TTY (pou moun ki genyen pwoblèm tande): (212) 982-5284

www.800lifenet.com

Sous: Inisyativ Fòmasyon MacArthur sou Depresyon ak Swen Prensipal



MetroPlus Health Plan
11 West 42nd Street, New York, NY 10036
Enfòmasyon Manm:
1-800-303-9626
Pou enfòmasyon sou Plan Sante MetroPlus:
1-800-475-METRO

THINGS TO KNOW ABOUT DEPRESSION

SA POU KONNEN SOU DEPRESYON

