

# SOMEONE I KNOW HAS DEPRESSION



## WHAT IS DEPRESSION?

Depression is an illness that changes how a person feels, thinks, and uses their energy. It is not a choice, and it is not anyone's fault.

www.SocialWorkersToolbox.com

## WHAT MIGHT I NOTICE?

When someone has depression, they might:



1  
Feel very sad or tired a lot



2  
Want to be alone more than usual



3  
Find it hard to smile, talk, or play



4  
Get upset or quiet more easily

Everyone with depression is different. Some days are better than others.

**IS IT BECAUSE OF ME?**  
No. Nothing you did, said, or thought caused their depression. You cannot make it better or worse.



**CAN DEPRESSION GET BETTER?**  
Yes. Depression can be treated. Doctors, medicine, talking, rest, and support can help. It can take time, but many people do feel better.

**DO THEY STILL CARE ABOUT ME?**  
Yes. They still care about you. Depression can make it hard for them to show how they feel, but the care is still there.



**WHO CAN I TALK TO?** You do not have to keep this to yourself. You can talk to:



Another adult in your family



A teacher or school staff member



A nurse, doctor, or counsellor

Talking helps.

## REMEMBER



You are not alone.



You are not to blame.



It is okay to ask questions and talk about your feelings.