

HOW DEPRESSION FEELS

Major depression is a serious mental illness – but you **CAN** feel better.

TREATMENTS WORK.

OVER THE LAST FEW MONTHS...

What's wrong with me? Everyone else seems happy. Everyone but me.

I can't sleep, but I'm always tired. Everything hurts.

I don't want to be alone.

I just bring everybody down.

SOME PEOPLE SAY...

You need help. Why can't you just call someone?

Happiness is a choice. There's nothing wrong with you. Just change your attitude.

I was depressed after losing my job, but I got over it. Hang in there, buddy.

It's my own fault I feel this way. I'm so pathetic.

I hate myself.

THINGS GET WORSE...

It's all so overwhelming.

There's no way out.

Things will never get better.

I can't take this. It's too much.

I just want it all to stop.

THEN ONE DAY...

I'm sorry you're going through this.

It sounds like you're having a hard time. I know it seems like you'll never feel better.

You're so strong – you'd have to be to get through this.

I want you to know that you're not alone. You **CAN** feel better – with a little help.

I'd like to talk to someone, I guess. But it feels impossible. I don't know where to start.

How do I find someone I like? What if they think I'm just whining?

Can I even afford the copays? What if they don't take my insurance?

The first steps are always the hardest.

Would it help if I found you a therapist? Or made a doctor appointment for you?

You **WILL** feel better. I believe it.

That would help so much – more than I can say.

A FEW MONTHS LATER...

It took a while to find the right meds, but they seem to be helping.

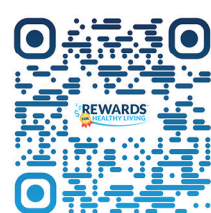
I've been exercising, and even meditating a little.

And my doctor helped me find a talk therapist who I really like.

I still have my down days, but I feel better.

I wish I didn't wait so long to get help.

Now, I have hope.



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