



YOU ARE
NOT ALONE
1 IN 8 WOMEN
EXPERIENCES
DEPRESSION

*Get the help you need
to feel like yourself again*

WOMEN & DEPRESSION

LEARN THE SYMPTOMS AND 5 COMMON TRIGGERS

DEPRESSION TRIGGERS

Genetic, biological and environmental factors can trigger or exacerbate symptoms of depression.

DEPRESSION FORMS

- Major depression
- Persistent depression
- Premenstrual dysphoric disorder
- Seasonal affective disorder
- Perinatal Anxiety and Mood Disorders

FIVE COMMON CULPRITS

Birth control • Lack of sunlight • Having a baby
Social media usage • Thyroid disease

MILD DEPRESSION

NATURAL MOOD BOOSTERS

If your mood is low, but you're still able to carry out your normal, daily routine, try one or more of these activities that can help reduce depression symptoms:

Meditation • Aerobic exercise • Yoga

DEPRESSION IS TREATABLE

SEEK MEDICAL CARE

Appropriate therapies may include medication, psychological counseling and alternative strategies including meditation, massage and exercise.



Franciscan

BEHAVIORAL HEALTH CENTER

MAKE YOUR APPOINTMENT WITH OUR SPECIALISTS
They can assess your needs and help you *feel like yourself again.*