

Even your brain deserves a checkup.

Depression is the leading cause of disability worldwide. An estimated 17 million American adults had at least one major depressive episode in the past year.*

Know the symptoms

- Feeling restless and agitated
- Feelings of low self-worth, guilt or shortcoming
- Hard to cope with everyday things
- Prolonged low mood
- Loss of interest in pleasurable activities
- Suicidal thoughts or intentions
- Not wanting to talk to or be with people
- Lacking energy or feeling tired

You aren't alone. Support is out there.

HealthyMindsPhilly.org: Free behavioral health screenings, mental wellness tips and community awareness events.

CrisisTextLine.org: Free 24/7 text line for people in crisis. Text HELLO to 741741 and speak anonymously with a Crisis Counselor.

DBHIDS.org: Free 24/7 support hotline, assistance accessing and navigating mental health services for people who reside in Philadelphia and referrals for neighboring counties.

NAMI.org: Family education classes, local support groups and a free 24/7 support line.

In a crisis?

Text HELLO to 741741 and speak anonymously with a Crisis Counselor.

*<https://www.nimh.nih.gov/health/statistics/major-depression.shtml>





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