



Get the Facts: Women and Depression

- Depression in women is common – approximately 12 percent of women in the United States have depression.
- One in five women will experience depression in her lifetime.
- Depression is the leading cause of disability among women.
- Symptoms of depression can affect women physically, emotionally, and socially.
- Symptoms of depression in women include:
 - Sleeping problems (too much or little)
 - Feeling tired or lacking energy
 - Trouble concentrating
 - Trouble making decisions
 - Unexplained headaches or body pain
 - Crying spells
 - Feeling worthless
 - Feeling sad or down
 - Irritability
 - Guilt
 - Loss of interest in hobbies
 - Anxiety
 - Withdrawing from friends and family
 - Eating problems
- There is help for women with depression.
- Common treatment includes talking with a professional, such as a counselor, medication (called anti-depressants), or a combination of both.
- Other things you can do to help fight depression include:
 - Keeping active
 - Eating healthy



- Avoiding alcohol and drugs
- Sharing concerns with others
- Doing things that are fun
- Reducing stress
- Taking a break from your routine
- Getting information about depression
- Asking for help
- Setting realistic goals

For more information, visit: www.bluetoyou.org.

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