



## 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](http://www.bluetoyou.org).**

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