



# What can I do?



Community Committee Meeting

October 18, 2017

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**When you are not engaged in your life or feel alone, you are more likely to experience low mood. Avoid this by staying connected to people, your body, and your goals.**

- Stay connected to people
  - Keep in touch with friends and family
  - Call someone if you are feeling sad or thinking about suicide
  - When you feel depressed don't be alone
- Stay connected to your body
  - Exercise most days
  - Eat a healthy diet
  - Sleep 7-9 hours a night (adults)
  - Do not use drugs or alcohol to escape or feel numb
- Stay connected to your goals
  - Set small goals and encourage yourself to reach them

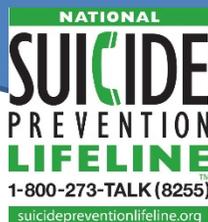
**What do I do if my mood doesn't improve?**

- Depression is a serious illness and can have negative consequences on your life. It is important to seek professional help if you feel depressed.
- Depression is treated by counseling, medication, and lifestyle changes.
- There are many kinds of antidepressants, which all work differently and have different side effects. The best kind of treatment will depend on what is causing your depression. Your health care provider can work with you to find the best way to treat your depression.

## Did you know?

8.3% of people in the U.S. live with major depression.

If you start to think about dying by suicide, please call **911** or the suicide hotline to connect to resources and get help. These two numbers are available 7 days a week, 24 hours a day from anywhere in the United States:  
**1-800-SUICIDE (1-800-784-2433)**  
**1-800-273-TALK (1-800-273-8255)**



## Keep Going!

**If you do not feel better after starting treatment or experience low mood after doing well, you may feel like giving up. Keep going even when you feel frustrated. Keep going to counseling, keep taking your medications, and keep learning about how to handle your mood.**

- Keep going to counseling
- Keep taking any prescribed medications
  - Medications take a couple weeks to take effect. If you stop your medication, you may never feel the full benefit of them. If you want to stop taking your antidepressants because you do not feel like they are working or you don't like the side effects, talk to your health care provider. Together, you can come up with a treatment plan that works better for you.



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