

Managing Depression Tip Sheet

Signs of Depression*	Self-Care Tips
<ul style="list-style-type: none"> • Distancing from family and friends • Feelings of sadness • Lack of interest in pleasurable activities • Distancing from family and friends • Decreased work performance and/or attendance • Changes in appetite • Increased irritability • Feelings of worthlessness • Difficulty concentrating • Thoughts of suicide or death <p>*Signs/Symptoms lasting 2-weeks or longer</p>	<ul style="list-style-type: none"> • Connect with family member or friend to discuss how you are feeling • Set small goals: “I will connect with one co-worker or friend for five minutes today.” • Identify an accountability partner; “If I don’t call you every other day, call ME.” • Exercise and physical activity • Develop a consistent routine (sleep, meals, personal hygiene) • Journaling one positive affirmation daily
Interventions	Resources
<ul style="list-style-type: none"> • Consult with physician or counselor • Take medications as recommended by physician • Develop a self-care plan • Utilize employer wellness resources • Connect with online or in-person support groups • Self-monitor daily progress • Utilize well-being apps 	<ul style="list-style-type: none"> • https://www.crisistextline.org/ - Text “Home” to 741741 to connect with a counselor via text at any time. • https://suicidepreventionlifeline.org/ - Call 988 • https://www.mhanational.org/find-support-groups • https://mhanational.org/ • https://findtreatment.gov/