

Women are almost **twice** as likely as men to have depression or an anxiety disorder.

Do **YOU** know the symptoms of depression or anxiety?



What is Depression?

Are you...

- Not feeling like yourself?
- Feeling down or sad?
- Having trouble sleeping?
- Eating less or more than normal?
- Not enjoying activities you usually do?
- More tired than normal?
- Having trouble with focus, memory, or making decisions?
- Having aches or pains, headaches, cramps, or stomach aches?

Around 1 in 8 women will have depression during their life and it is most common in ages 25-44.

You might have depression.

This is not a sign of weakness.

Talk with your provider about your symptoms!



You don't have to wait until you feel bad to get help or talk about your concerns.

What is Anxiety?

Life is hard! We worry about everything from money to the health and safety of our family.

Sometimes worry can:

- Cause aches and pains, stomach aches, and headaches.
- Impact your sleep.
- Make you not feel like yourself.
- Make you grumpy or easily irritated.
- Make you feel easily overwhelmed.
- Cause panic attacks.

While stress is a normal response to life events, anxiety is a feeling of worry that doesn't go away.

Depression and anxiety can happen together, half of people with depression also have anxiety.



Safe and effective treatments are available for depression and anxiety. Treatment can help manage your symptoms and let you focus on your life.

You have Options!

There are many things you can do to help improve your mental health including:

- Behavior changes
- Being physically active
- Taking deep breaths
- Spending time outside
- Getting good sleep
- Spending less time on social media and screens
- Journaling or writing down your thoughts and feelings
- Relaxation exercises such as meditation

Sometimes these options are not enough. Your provider can connect you to a mental health professional who can help you through therapy, medication, or both.

Treatment Plans

Treatment for anxiety or depression may include any combination of behavior change, therapy, and medication.

Therapy

Therapy is a safe and private space to talk and get help. There will be clear communication about treatment options and costs.

Medication

Your provider may recommend medication to help with symptoms and improve your well-being. If you begin medication, talk with your provider before making changes.

Therapy and Medication

Sometimes the best option is therapy and medication together. Medication can help you get more out of therapy by managing your symptoms.

Remember to look for a mental health professional that is a good fit for you!

Resources

Depression or anxiety are not signs of weakness. Talk with your provider today about your symptoms!

For more information on depression and anxiety OR for resources to help you get the care you need, visit:

<https://grc.osu.edu/Projects/Focus-on-Me>



Are YOU having thoughts of hurting yourself or hurting others?

Reach out NOW for emergency care.

- Free, 24/7, Confidential Crisis Text Line: Text "4HOPE" to 741-741
- Go to your nearest emergency room
- Call 911

Pregnancy and Postpartum Considerations

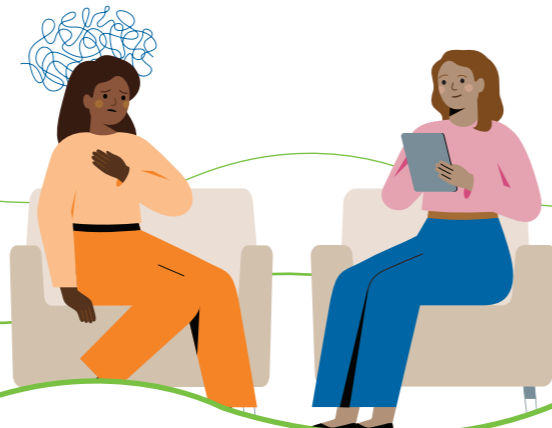
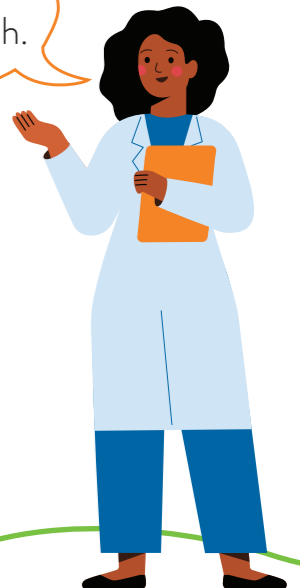
Things like pregnancy or having a baby can cause some people to feel anxious or sad.

Did you know that untreated depression or anxiety can cause risk for you and your baby? Early labor, low birth weight or suicide can happen if depression or anxiety gets worse.

Talk to your provider about treatment safe for pregnancy and breastfeeding.



Mental Health Is Essential Health.



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