

HOW DEPRESSION FEELS

Major depression is a serious mental illness – but you CAN feel better.

TREATMENTS WORK.

OVER THE LAST FEW MONTHS...

What's wrong with me?
Everyone else seems happy.
Everyone but me.

I can't sleep, but I'm
always tired.
Everything hurts.

I don't want to be alone.

I just bring
everybody down.

SOME PEOPLE SAY...

You need help. Why can't you just call someone?

Happiness is a choice.
There's nothing wrong with
you. Just change your attitude.

I was depressed after losing
my job, but I got over it.
Hang in there, buddy.

It's my own fault
I feel this way.

I'm so pathetic.

I hate myself.

THINGS GET WORSE...

It's all so overwhelming.

There's no way out.

Things will never get

I can't take this. It's too much.

I just want it all to stop.

THEN ONE DAY...

I'm sorry you're going through this.

It sounds like you're having a hard time.
I know it seems like you'll never feel better.

You're so strong – you'd have
to be to get through this.

I want you to know that you're not alone.
You CAN feel better – with a little help.

I'd like to talk to
someone, I guess. But it
feels impossible.
I don't know where to
start.

How do I find someone I like?
What if they think I'm just
whining?

Can I even afford
the copays? What
if they don't take
my insurance?

The first steps are always the hardest.

Would it help if I found you a
therapist? Or made a doctor
appointment for you?

You **WILL** feel better.
I believe it.

That would help so much –
more than I can say.

A FEW MONTHS LATER...

It took a while to find the right meds, but they seem to be helping.

I've been exercising, and even meditating a little.

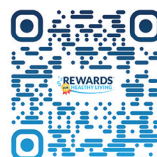
And my doctor helped me find a talk therapist who I really like.

I still have my down days, but I feel better.

I wish I didn't wait so
long to get help.

Now, I have hope.

REGISTER TODAY!



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