



Normal Feelings

It is okay to feel sad when something goes wrong or when someone close to you dies. Sometimes you may even feel sad if you have had a bad day or didn't get enough sleep.

These feelings are normal and will usually go away with time.

If these feelings affect your everyday life or last for more than 2 weeks, it may be depression.

Depression

When you feel sad and want to cry all the time it is called “depression.”

Other signs of depression may include *

- loss of interest in things you enjoy
- feeling restless
- sleeping too much, or unable to sleep
- gaining or losing a lot of weight
- having headaches, stomach aches, bowel problems, or pain that does not get better with treatment



Mental Health Professionals

If you are depressed, talk to your doctor for advice.

Medical experts who help with depression are *

- counselors
- psychologists
- psychiatrists

