

Depression:

What you should know

Depression is a serious illness that will not go away on its own. If you have shown any of these signs for two weeks or more, consult a doctor.

Risk factors include:

- Family history of depression
- Major life changes, trauma or stress
- Certain physical illnesses and medications

Treatment is available

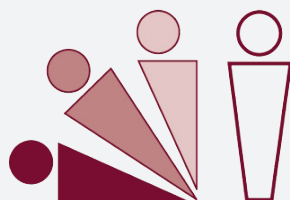
There are effective treatments for depression, including medication, therapy or both.

Source: National Institute of Mental Health

Signs to look for:

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt or worthlessness
- Loss of interest in activities
- Fatigue or decreased energy
- Restlessness or having trouble sitting still
- Difficulty concentrating
- Difficulty sleeping or oversleeping
- Appetite and/or weight changes
- Aches or pains without a clear physical cause
- Thoughts of death or suicide or suicide attempts

We offer no-cost assessments 24 hours a day, 7 days a week. For more information, call 270-351-9444 or visit lincolnbehavioral.com



**LINCOLN TRAIL
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