Do you have any of these signs?

- Feel sad or cry a lot
- Feel stressed
- Feel angry
- Problems sleeping
- Feel very tired or slowed down
- Feel guilty all the time
- Lose or gain a lot of weight
- Use a lot of drugs or alcohol
- Think about hurting yourself or others
- Think about death or killing yourself

See back side of this brochure for more information about help with depression

Where can I get help?

Call a doctor to make an appointment right away.

Need to find a doctor?
Call the Family Health Line at (888) 604-4636

For counseling help
Call the ACCESS Help Line at (800) 491-9099

If you are a parent
Call the Family Paths Hotline at (800) 829-3777 or (510) 893-5444
24 hours a day, 7 days a week
www.familypaths.org

If you feel you may hurt yourself or others
Call the Crisis Support Hotline at (800) 309-2131
24 hours a day, 7 days a week

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What is Depression?

• It is an illness that can be treated
• It is common in women
• It can come at any time in your life

It sometimes comes from:

• Stress
• Relationship problems
• Pregnancy
• Having a baby
• Death of a loved one

How can I feel better?

• Talk to a doctor
• Get counseling
• Combine counseling and medicine
• Talk to someone who listens and comforts you
• Join support groups

See back side of this brochure for more information about help with depression