

Depression

Depression may occur among people with cancer, but it should not be considered “normal.” You can get help to feel better.

TRY THIS

Know the signs. Talk to a doctor if you have negative thoughts or sadness that doesn't go away.

Be physically active. Try to at least go for a walk every day.

Practice self-compassion. Treat yourself like you would treat a good friend.

CHECK THIS OUT

Visit the Springboard page on Depression.

<https://survivorship.cancer.gov/springboard/stress-mood/depression>

Learn more about sadness and depression (<http://go.usa.gov/xaKPH>) and depression and cancer (<http://goo.gl/3txdpN>).

Take a depression quiz. <http://go.usa.gov/xaKmC>