

**Understanding Severe
Depression:**

YOU ARE NOT ALONE



WHAT IS SEVERE DEPRESSION?

Severe depression, also called Major Depressive Disorder, is a serious mental health condition that affects thoughts, feelings, and daily activities. It can make it difficult to perform everyday tasks, but it is treatable with the right support and care.

SEVERE DEPRESSION IS MORE THAN JUST SADNESS



Signs You May Need Support

- Persistent sadness or emptiness
- Loss of interest in activities
- Changes in appetite or sleep
- Fatigue or low energy
- Trouble concentrating
- Feelings of guilt or hopelessness
- Thoughts of self-harm or suicide

Reach Out for Help Today

- 988 - Suicide & Crisis Lifeline (24/7 Support)
- 2-1-1 Texas - Mental Health Support and Resources
- In Emergencies: Dial 911

YOU'RE NOT ALONE

HELP IS AVAILABLE



CONTACT AT

866-260-8000