

Depression

What is depression?

Depression is classified as feelings of sadness, anger or loss that interferes with your personal daily life.

Everyone experiences it in different ways. Common things might be a loss of self-esteem, feeling hopeless, loss of interest in activities one previously enjoyed or feeling sad/empty.

It is important to understand that feeling down sometimes is normal, and sad or upsetting events happen to everyone. If that feeling is persistent on a regular basis, than you might be dealing with depression.

Where can I get support?

You can find different resources on our website!

www.withyouth.org

