

## Depression Information Sheet

### 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](http://www.withyouth.org)

