

RESOURCES >>

1N5: Access a variety of therapy options
<https://1n5.org/find-a-provider/>

Suicide and Crisis Lifeline: Call, text or chat 988

The Trevor Project (for LGBTQ+): 1-866-488-7386 or
Text START to 678-678

Trans Lifeline (for Trans Folx): 1-877-565-8860

Veterans Crisis Line: 988, Option 1

Ohio Careline: Non-emergency emotional support:
1-800-720-9616

Cincinnati Warm Line: Non-emergency emotional
support: 513-931-9276

Línea de Prevención del Suicidio y Crisis:
1-888-628-9454 o 988 oprime 2



DOWNLOAD THE 1N5 REACH OUT APP ON THE APP STORE & GOOGLE PLAY STORE

1N5's Reach Out app is a great tool to use when looking for guidance to help ourselves or a friend learn about suicide prevention, or cope with mental health challenges.



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1N5 is a non-profit organization that serves to increase awareness and education about mental health in youth and adults.

DEPRESSION



Depression is a common mental health condition. Here we share the signs, symptoms, and treatment options to help you recognize and manage depression in yourself and loved ones.

1N5.org | info@1N5.org
Stop the Stigma. **Start** the Conversation.



WHAT IS DEPRESSION?

Depression is a common but serious mood disorder that negatively affects the way someone thinks, feels, and behaves. Also called clinical depression or major depressive disorder, it is characterized by persistently low mood/sadness and loss of interest. It is more than just feeling “blue” or “down in the dumps” for a couple of days and can impact a person’s ability to function in everyday life, participate in relationships, and enjoy their lives in general. The good news is that depression is treatable.



Different types of depression

- Clinical depression or major depressive disorder
- Antenatal and postnatal depression
- Seasonal Affective Disorder
- Bipolar Disorder
- Dysthymic Disorder
- Cyclothymic Disorder
- Premenstrual Dysphoric Disorder

HOW DEPRESSION CAN PRESENT ITSELF

- Prolonged feelings of sadness or emptiness
- Irritability, angry outbursts
- Agitation, anxiety
- Feelings of worthlessness or guilt
- Loss of interest in once pleasurable activities
- Withdrawal from friends and family
- Difficulty concentrating or making decisions
- Changes in appetite - weight loss or weight gain
- Sleep disturbances e.g. early waking, insomnia, sleeping too much
- Lack of energy or increased fatigue
- Difficulty concentrating, making decisions or remembering things
- Thoughts of suicide



SCAN THE QR CODE!
And access additional 1N5 resources on our website.

DEPRESSION TREATMENT

- Talk therapy
- Medication
- Brain stimulation therapies e.g. ECT, TMS

Self-care activities for managing depression

- Seeking help from a healthcare professional
- Getting regular exercise, even if it’s just a short walk
- Trying to keep a regular sleep schedule
- Eating healthy well-balanced meals
- Looking after your physical health
- Staying connected with friends and family
- Talking to someone you trust about how you’re feeling
- Doing activities you’ve previously enjoyed
- Adopting a mindfulness practice
- Breaking large tasks into smaller steps
- Creating a routine
- Avoiding or cutting down on alcohol and avoiding illicit drugs
- Being patient. Recovery takes time!

