



EQUALITY HEALTH

The New Culture of Care.

.....
At Equality Health, we believe who you are and where you live shouldn't be barriers to good health. We care about your well-being. We bring convenient, affordable healthcare opportunities to you that are in your neighborhood, in your language and mindful of your culture.



EQUALITY HEALTH
walk-in clinic

DEPRESSION

THE FACTS

WHAT IS DEPRESSION?

.....
Depression is a condition that makes you feel sad, empty and hopeless for two weeks or longer. It also can make you tired in the day and unable to sleep at night. You might even lose interest in your normal activities with family, school, work and social activities.

WHAT CAUSES DEPRESSION?

.....
Usually, many different things cause depression. Someone in your family could have it, or the way your brain works might change. Also, something happening in your life could make you feel this way.

LEARN MORE

Equality Health
equalityhealthclinic.com/education

Substance Abuse and Mental Health Services Administration
samhsa.gov

National Institute of Mental Health
nimh.nih.gov



EQUALITY HEALTH
walk-in clinic

.....
Inside Food City
9020 W. Thomas Rd.
Phoenix, AZ 85037

602.715.0110
equalityhealthclinic.com



WHAT YOU SHOULD KNOW.
WHAT YOU SHOULD EXPECT.
WHAT YOU SHOULD DO.

17.3M

ADULTS IN THE U.S. EXPERIENCE DEPRESSIVE EPISODES

Suicide is the second leading cause of death among people ages 10 to 34.

Nearly 50% of all people diagnosed with depression also have anxiety disorder.

1 in 7 women experience postpartum depression.

1 in 5 people receive treatment for depression.

WARNING SIGNS

Depression can change how you function day-to-day with:

- Changes in sleep
- Changes in appetite
- Hopelessness
- Lack of concentration
- Low self-esteem

Source: National Institute of Mental Health, nimh.nih.gov

HOW DO I TAKE CONTROL?



Therapy

Types of therapy include counseling, group therapy, cognitive therapy and more.



Exercise Regularly

Physical activity plays a key role in reducing and preventing the effects of stress.



Family or Peer Support

This type of support is important and can be very effective for adults and youth.



Cultural Wellness Practice

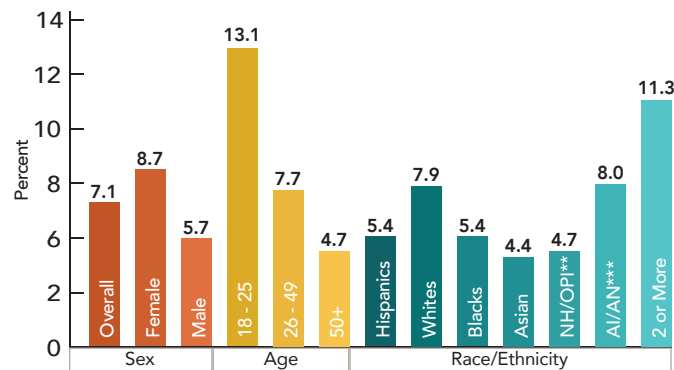
Adopt a mind/body/spirit approach to your wellness by starting practices such as meditation, faith and prayer.



Medication

Medications can help manage many of the symptoms of depression. Talk to your provider to find out if one is right for you.

Prevalence of Major Depressive Episodes Among U.S. Adults (2017)



Native Hawaiian / Other Pacific Islander | * American Indians/ Alaskan Natives

Source: Substance Abuse and Mental Health Services Administration, samhsa.gov

WHAT IF I DON'T GET SUPPORT?

Appropriate treatment can help most people with depression. Untreated depression increases your chances of:

- Heart disease and stroke
- High blood pressure
- Blindness
- Kidney disease
- Amputation
- Nervous system disease

CRISIS AND EMERGENCY COUNSELING

If you have, or someone you know has, depression symptoms that are worsening or may lead to self-harm, don't wait. Talk to someone. Caring help is available.



SUICIDE HOTLINE

1-800-985-5990



TEXT

"TalkWithUs" to 66746



GO TO

DisasterDistress.samhsa.gov



EQUALITY CARE CENTER

For Appointments call:
602-889-9401