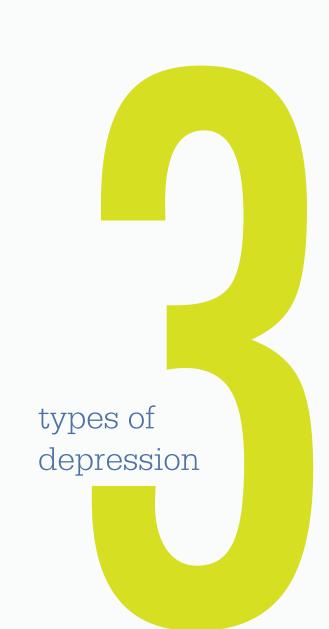
DEPRESSION 101

"Depression is a medical disorder that affects your feelings, thoughts behaviors and physical health."



THE FACTS

major depression combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities.

dysthymia

chronic depression in which moods are regularly low, yet symtoms are less severe.

bipolar disorder

there are several types of this disorder, where moods alternate between depressive and manic episodes.



1 in 13 people are depressed in NYC.

ONLY 1/2 the population will actually seek help!

50% of suicides are commited by men ages 25-54

many men tend to fail

to recognize or acknowledge their depression

women experience depression

as often as men

> 1 in 8 women develop depression in their lives

depression is the principal cause of the 30,000 suicides in the U.S. each year.

more than 430,000 New Yorkers suffer from depression, could you be one of them?

