

# YOU ARE NOT ALONE

DEPRESSION IMPACTS ACTORS, ATHLETES, AND MUSICIANS



7X GOLDEN GLOBE WINNER JIM CARREY



NBA CHAMPION KEVIN LOVE

## DEPRESSION

### WHAT IS DEPRESSION?

- DEPRESSION IS MENTAL HEALTH CONDITION CHARACTERIZED BY PERSISTENT FEELINGS OF SADNESS, HOPELESSNESS, OR A LACK OF INTEREST IN ACTIVITIES.
- DEPRESSION CAN AFFECT PEOPLE OF ANY AGE, RACE, GENDER, OR SOCIOECONOMIC STATUS
- IT CAN BE CAUSED BY A VARIETY OF FACTORS
- OVER 29% OF AMERICANS HAVE BEEN DIAGNOSED WITH DEPRESSION AT SOME POINT IN THEIR LIVES



# DEPRESSION



13X GRAMMY AWARD WINNER LADY GAGA

## PROFESSIONAL REMIDIES MAY INCLUDE:

---

- Psychological Treatments
- Antidepressant medication
- Lifestyle Changes

## HOW TO HELP YOURSELF

---

- Get ample sleep
- Stay connected with friends and family
- Exercise and eat healthy
- Do activities you enjoy
- Go to church
- Laugh

## SUICIDE HOTLINE: 1-800-273-8255

- 48,183 AMERICANS DIED FROM SUICIDE LAST YEAR
- 15% OF ALL DEATHS FROM SUICIDE COME FROM AMERICANS AGED 10-24
- 9% OF HIGH SCHOOL STUDENTS REPORTED ATTEMPTING SUICIDE IN THE LAST YEAR
- VETERANS, PEOPLE WHO IDENTIFY AS LGBTQ, AND PEOPLE WITH DISABILITIES ARE AT GREATER RISK

//

It does not matter how slowly you go as long as you do not stop.  
-Confucius

//



## DEPRESSION DOES NOT DEFINE YOU

### SOURCES CITED:

- <https://www.cdc.gov/suicide/index.html>
- <https://www.who.int/news-room/fact-sheets/detail/depression>
- <https://www.mayoclinic.org/diseases-conditions/depression/diagnosis-treatment/drc-20356013>