

HELP IS RIGHT HERE!

For more information or to
schedule an appointment, call
St. Elizabeth Physicians Behavioral Health
at **(859) 301-5901**.

Helpful Phone Numbers

▶ Youth:

Cincinnati Children's Hospital
Division of Psychiatry:
(513) 636-3200

▶ Youth & Adults:

SUN Behavioral Health:
(859) 429-5188

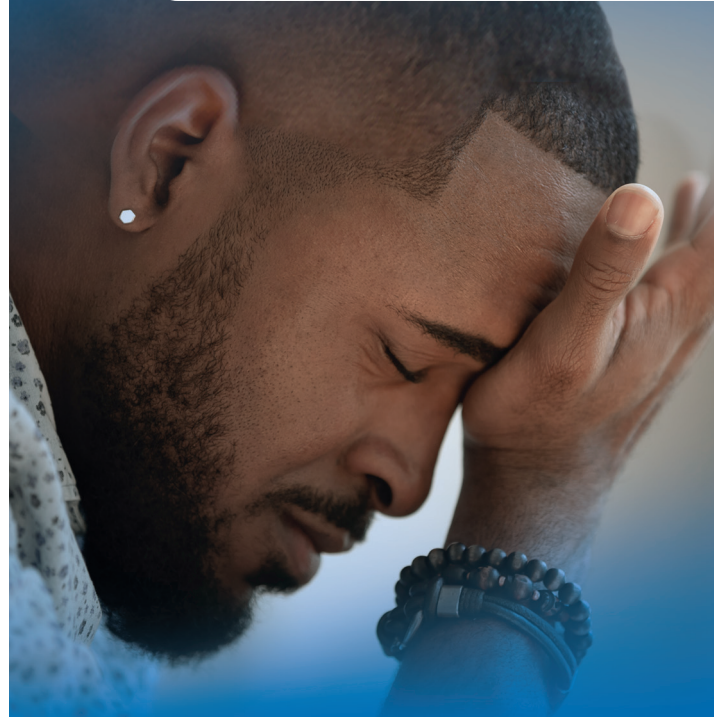
If you or a loved one are having suicidal thoughts,
get help right away!

Call **(800) 273-8255** to speak with a suicide
prevention expert 24 hours a day, seven days a week.



Behavioral Health: MAJOR DEPRESSIVE DISORDER

You're not alone.



DEPRESSION ISN'T A "ONE-SIZE-FITS-ALL."

Depression, also known as a Major Depressive Disorder, is the most common of mental conditions. It can affect people of all ages. Risk factors such as significant life changes, trauma, certain illnesses, medications or a family history of depression, can impact the likelihood of developing depression.

It's natural to experience highs and lows - periods of sadness or feeling down. However, if the low periods are becoming more frequent and impact your daily life, there's no shame in recognizing that you need help.

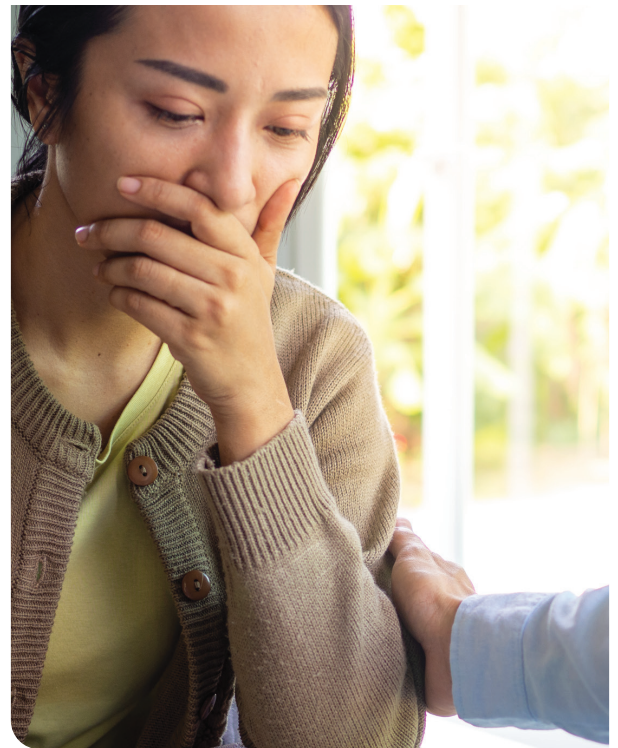
Symptoms:

Individuals can experience depression in a variety of ways depending on age, brain chemistry and circumstances. There isn't a "one-size-fits-all" list of symptoms for depression, the most common include:

- Anxiety.
- Appetite or weight changes.
- Inability to focus or concentrate.
- Irritable.
- Helplessness.
- Hopelessness.
- Loss of interest in regular activities.
- Low energy or fatigue.
- Persistent sadness.
- Restlessness.
- Sleep issues.
- Suicidal thoughts.

Treatment:

Our team of experts at St. Elizabeth Behavioral Health are here to help connect you with the treatment option that's best for you. This may involve antidepressant medications, psychotherapy - or both. Talking through



difficult circumstances and situations with one of our therapists can help you better understand what you're feeling - and why. Individual cognitive-behavioral therapy (CBT), family therapy and other proven therapeutic techniques are also available.

Finding the right medication requires good communication with your provider. Discussing how you're feeling, what is helping and what is not helping are essential. Remaining compliant while taking any medication for depression is extremely important, discontinuing could lead to more intense symptoms.

The first step towards taking control of your emotional well-being is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.