

THE TRUTH ABOUT DEPRESSION

AN INFOGRAPHIC

1 IN 4

WILL EXPERIENCE SOME
FORM OF MENTAL HEALTH PROBLEM
A YEAR

- ANXIETY
- DEPRESSION

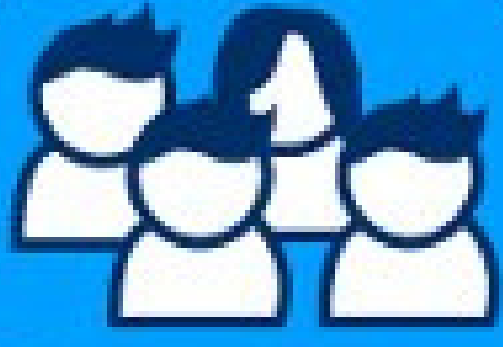
ANXIETY AND DEPRESSION
COMBINED IS THE MOST COMMON
MENTAL DISORDER IN THE UK

8-12%

PERCENTAGE OF THE POPULATION
EXPERIENCING DEPRESSION
EACH YEAR

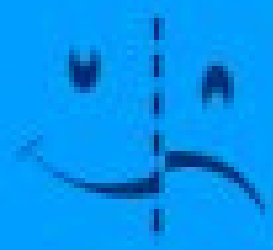
1 IN 5

BECOME DEPRESSED
AT SOME POINT



3 TIMES MORE LIKELY
FOR A MALE TO COMMIT
SUICIDE IN THE UK

CLINICAL DEPRESSION SYMPTOMS:



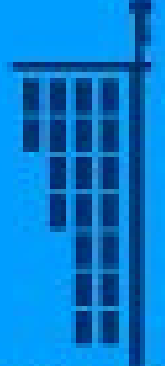
CHRONIC MOOD CHANGES



FREQUENT CRYING

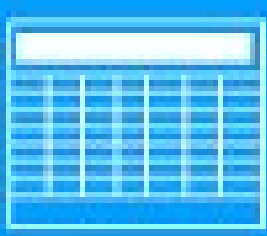


LACK OF AMBITION



SUICIDAL THOUGHTS

DEPRESSION
CAN LAST FOR
DAYS
WEEKS
MONTHS
YEARS



MORE WOMEN
ARE AFFECTED BY DEPRESSION
THAN MEN*

*CONSIDERED THAT MORE WOMEN REPORT IT



YOU CAN GET BETTER,
ONLY FOR DEPRESSION TO RETURN.

WHAT HELP IS AVAILABLE?

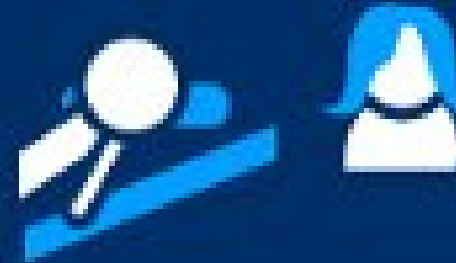
MEDICATION



SELF-HELP



COUNSELLING



BEHAVIOURAL
THERAPY



THERE IS ALWAYS HELP.

If you live in Oregon or Washington, we are
accepting new clients.

360-619-2226

Depression & Anxiety Resources

- [Depression - Ways to Thrive \(free workbook\)](#)
- [Environment - How it affects your depression & anxiety.](#)
- [Overthinking? - Change your mind, change your life](#)