



Depression

**Depression can happen to anyone.
Everybody feels sad sometimes.
If you feel sad a lot, you may need help.
It's not your fault. There is help!**

A person who is depressed may experience any of these symptoms:

- Feels sad most of the time
- Has trouble sleeping too much or not enough
- Does not feel like eating or eats more than normal
- Feels tired all the time
- Gets stressed out and angry easily
- Loses interest in things they used to like
- Has a hard time thinking, concentrating or making decisions
- Thinks about hurting oneself or wants to die



It's very important for you to take care of yourself!

Your child needs you to be well; it's hard to be a good parent if you're feeling bad.

Please, talk to your doctor now if you feel sad or like hurting yourself.

Or, consider calling 911 for help – now.

Here are other things you can do to take care of yourself:

- Do things that make you feel good, like exercising, watching a movie, walking
- Avoid extra stress
- Ask for help from someone you trust
- Do calming activities, like deep breathing, meditation, yoga
- Aim for 8 hours of sleep

There is good treatment for depression. You can feel better again.

If you'd like help, please talk to your child's doctor or nurse.

Helpful Resources

Fairfax County Community Services Board

- Offers services for those needing help for mental health and substance use issues
- For more info, call **1-703-383-8500**
- Call the Mental Health Emergency Services line at **1-703-573-5679**

Mental Health America of Virginia | www.mhav.org

- Peer-run warm line offers support for individuals, family members and other concerned parties who would like someone to talk to, info on community mental health resources or who have specific questions about their recovery journey
- Call **1-866-400-MHAV (1-866-400-6428)** M-F from 9am to 9pm, weekends and holidays from 5pm to 9pm
- Text **1-866-400-6428** for chat support from 5pm to 9pm on Wednesdays, Fridays & Saturdays
- Call or text for Spanish services every Friday and Saturday from 5pm to 9pm

Postpartum Support International (PSI) of Virginia | www.postpartum.net/get-help/psi-helpline

- Helpline volunteers available to listen, answer questions, offer encouragement and info on local resources
- Leave a confidential message and a volunteer will get in touch
- Call **1-800-944-4773** for English and Spanish
- Text **1-800-944-4773** for English or **1-971-203-7773** for Spanish

Bridge2ResourcesVA | www.bridge2resourcesva.org

- Visit the website to find info on community resources
- Resource from the Virginia Chapter of the American Academy of Pediatrics

National Helpline | www.samhsa.gov

- 24/7, confidential, free information in English and Spanish
- Referrals to local treatment centers, support groups and community organizations
- Call **1-800-662-HELP (4357)** or **1-800-487-4889 (TTY)**

PPD Mom's Hotline (National Perinatal Hotline)

- Available 24 hours a day, 7 days a week for moms and their loved ones
- Offers support, information and referrals
- Call **1-800-PPD-MOMS (1-800-773-6667)**

National Suicide Prevention Lifeline | www.suicidepreventionlifeline.org

- 24/7, confidential, free support in English and Spanish
- If you're in crisis or suicidal, you can call for yourself, or for someone you know
- You'll talk with a trained counselor at a suicide crisis center near you
- Call **1-800-273-TALK (8255)** or **1-800-628-9454** for Spanish

Depression and Bipolar Support Alliance | www.dbsalliance.org

- Information, referrals and Internet support groups

