

Understanding Depression



You're Not ALONE!

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Depression is treatable, like any other illness.

We all recognize illnesses like heart disease and diabetes as serious health conditions. Depression is no different—it's a real and treatable medical condition that affects millions of people. But too often, depression goes unrecognized, and many don't know where to turn for help.

The truth is, untreated depression can be life-threatening. The leading risk factor for suicide is untreated depression. But there is hope. With the proper support and treatment, people can and do recover.

More Resources at HelpThatWorks.us

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A Parents's Story: Watching Emma

We watched Emma change before our eyes. She withdrew from family, lost interest in the things she loved, and always seemed exhausted. When we asked if she was okay, she'd say, "I'm fine." But we knew she wasn't. It was heartbreaking to feel so helpless. Then, a friend encouraged us to call the Compass Line—and that call changed everything. We connected with someone who truly listened and found the support she needed. Little by little, we saw our daughter come back to life. She smiled again. She had energy. She let us back in."



Emma's story is proof that healing is possible and support is available. You don't have to go through it alone if you're struggling.

Common Symptoms of Depression:

- Changes in sleep or appetite
- Feeling sad, irritable, or unmotivated
- Withdrawing from family and friends
- Losing interest in things you once enjoyed
- Trouble concentrating or making decisions
- Feeling hopeless or overwhelmed
- In some cases, thoughts of suicide



Support Available:

COMPASS LINE

If you or someone you care about is experiencing these symptoms, don't wait—help is within reach. Lake County offers a strong network of mental health services, supported by the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board.

A great first step is calling our Compass Line at 440-350-2000, where a Behavioral Health Navigation Specialist can listen, offer guidance, and connect you to the right resources quickly. For more information, visit www.HelpThatWorks.us.

You are not alone—help is here, and recovery is possible.



FIND support services nearest to you at www.HelpThatWorks.us or
CALL for personalized assistance at 440-350-2000.

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