

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.

A Personal Story: Noticing the Changes

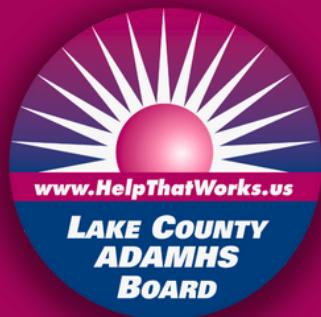
I watched Emma change before my eyes. She withdrew from co-workers, lost interest in the things she loved, and always seemed exhausted. When I asked if she was okay, she'd say, "I'm fine." But I knew she wasn't. It was heartbreaking to feel so helpless. Then, I encouraged her to call the Compass Line—and that call changed everything. Emma connected with someone who truly listened and found the support she needed. Little by little, I saw my friend come back to life. She smiled again. She had energy. She let us all 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, friends, co-workers**
- **Losing interest in things you once enjoyed**
- **Trouble concentrating or making decisions**
- **Feeling hopeless, overwhelmed or stuck**
- **In some cases, thoughts of suicide**



Support Available:

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 with options available regardless of insurance status.

 **Call the Compass Line: 440-350-2000**

A Behavioral Health Navigation Specialist can listen, provide guidance, and connect you to the right resources quickly. You are not alone—help is here, and recovery is possible.