It's your fault.

## shatter

## **About Depression**

You shouldn't talk about it.

If you're sad, you're depressed.

Only weak people get it.

It's only caused by a loss or specific event.

**Depression** is rare.

> There's nothing that can be done about it.

Talk to your social worker, doctor, or healthcare provider about treatment and support options.

Depression will go away on its own.

> You can tough it out and ignore it.

**Need Help Now?** Call or Text 988 to talk or chat with someone 24/7. Its free and confidential.

You can also visit www.988lifeline.org.



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