

# Shatter the Myths

## About Depression

It's your fault.

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.

You shouldn't talk about it.

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.  
It's free and confidential.

You can also visit  
[www.988lifeline.org](http://www.988lifeline.org).