

feeling**blue**

**There are things we can do
to feel better.**

**There are things we can do
to help others.**

Depression is a serious health condition that affects your thoughts, feelings, moods and may also impact your physical health.

Does this sound like you or someone you know?

- ✓ Sad and hopeless
- ✓ Lost interest in activities
- ✓ Problems sleeping
- ✓ Tired
- ✓ Nervous or restless
- ✓ Feelings of guilt or uselessness
- ✓ Memory problems
- ✓ Headaches or stomachaches
- ✓ Appetite change

**Depression affects 1 in 5 people living
in York and Adams counties.**

Visit www.feeling-blue.com
for more information, resources
and tips.

feeling**blue**

Feeling Blue is a ten-week campaign to help residents in Adams and York counties learn about depression.

Kick-off: November 3, 2014

Visit the Feeling Blue website each week to learn about a new topic, and discover tips to help you or someone you know feel better.

Visit www.feeling-blue.com for more information, resources and tips.

**Healthy
York County
Coalition**



In partnership with:

