

**PUNK TALKS OFFERS  
FREE MENTAL HEALTH  
THERAPY TO THOSE  
IN NEED.**

**OUR TEAM OF  
LICENSED THERAPISTS  
ARE AVAILABLE AT  
NO CHARGE TO YOU.  
WE ALSO PROVIDE  
REFERRALS IF YOU  
WANT HELP FINDING  
A THERAPIST  
IN YOUR AREA!**

**CONTACT US AT  
[INFO@PUNKTALKS.ORG](mailto:INFO@PUNKTALKS.ORG)**

**SUICIDE PREVENTION HOTLINE  
1-800-273-8255**



**LEARNING ABOUT  
DEPRESSION**

## WHAT IS DEPRESSION?

Everyone feels sad, disappointed, or frustrated from time to time, but depression refers to intense and persistent feelings of sadness that interfere with day-to-day activities.

Depression and can be characterized by some or all of the following:

- Persistent feelings of sadness.
- Loss of interest in activities previously enjoyed.
- Poor sleep or oversleeping
- Poor appetite or overeating, or significant weight loss or weight gain.
- Persistent feelings of worthlessness or inappropriate guilt.
- Withdrawal from friends and family.
- Fatigue or loss of energy nearly every day.
- Recurring thoughts of self-harm or suicide.

## WHAT CAUSES DEPRESSION?

There are many social, biological, and environmental factors that contribute to depression. Depression can be caused by a combination of factors, including, but not limited to:

- Chemical imbalances in the brain.
- Family history of depression.
- Stressful life events.
- Unhelpful thinking patterns such as thinking in worst-case-scenario.

## TREATING DEPRESSION

Treatment of depression involves a combination of methods that may include:

### THERAPY

Talking with a therapist can help someone with depression identify unhelpful thoughts and learn coping skills.

Punk Talks offers free therapy referrals and professional counseling from our team of licensed therapists!

### MEDICATIONS

Antidepressants are commonly prescribed to help treat symptoms and prevent future episodes of depression.

Medications may not be right, or wanted, for everyone, so it is important to discuss options with your doctor.

Punk Talks has a volunteer pharmacist who is available at any time to answer medication related questions such as side effects, interactions with other medications, cost issues, or any other concerns you may have.



### DID YOU KNOW?

Antidepressant medications can sometimes take 4-6 weeks to have their full effect. It is important to continue to take your prescribed dose, even if you don't feel different right away!

## STEPS TOWARDS RECOVERY

### EDUCATION

Knowing and acknowledging the signs and symptoms of depression is the first step to seeking treatment.

### SET GOALS

Set goals that are specific, measurable, achievable, and realistic. Then set a date or time you wish to achieve that goal. A therapist or friend may be able to help you set your own short or long-term unique goals.

Examples of possible goals: doing one thing that makes you happy per day, getting out of bed by a certain time, talking with your therapist or support group every \_\_\_ days, etc.

### SUPPORT

Seeking support from others through therapy, friends, family, or support groups can be helpful in recovering from depression.

Punk Talks offers free mental health therapy referrals, professional counseling, medication consultation, mental health education, conflict resolution, and more!

Contact us at any time at [info@punktalks.org](mailto:info@punktalks.org) with questions, concerns, or if you just want to say hello!