



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy*

DEPRESSION

Depression is a prolonged feeling of sadness and despair that affects your life at home, work or school. While feeling sad occasionally is normal, someone suffering from depression feels overwhelmed by sadness most of the time. Symptoms of depression can include: loss of appetite, loss of interest in activities once enjoyed, irritability and withdrawal from family and friends. Untreated depression can lead to thoughts or attempts at suicide.

### MY MOOD IS:

Healthy is when I feel happy or content most of the time

Health Risk is when I feel hopeless some of the time

Unhealthy is when I feel hopeless most of the time and like nothing is in my control

- HEALTHY** – Look on the back side of this card to see how to keep your feelings and emotions in the healthy range.
- HEALTH RISK** – If things get worse, you may develop problems with depression. Look on the back side of this card to see how you can improve your mood and fight depression.
- UNHEALTHY** – This condition can lead to other problems such as loss of family relationships, friends, employment, or the ability to study. In extreme cases, depressive thoughts and feelings can lead to suicide. Look on the back side of this card to see how to get help.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@oste.wvsom.edu](mailto:CRCH@oste.wvsom.edu)

[www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu)

# What to do for ...

**HEALTHY MOOD:** Exercise, maintain a healthy body weight, manage stress, talk with family and friends, set goals, and take time to focus on yourself.

**HEALTH RISK MOOD:** Exercise, reduce stress, see your doctor or a counselor for advice on how to change your lifestyle, talk to friends, family or a professional about your concerns and fears.

**UNHEALTHY MOOD:** See your doctor, ask for a referral to a therapist, call the National Crisis Hotline 800-448-3000, if suicidal call 911 or go to the emergency room.

## Get more information

### **ABOUT DEPRESSION AND HOW TO MAINTAIN A HEALTHY LIFESTYLE BY....**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at [www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu), by calling 800-566-1258, or by e-mail [CRCH@osteop.wvsom.edu](mailto:CRCH@osteop.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

