

If you begin to feel life  
is too hard or not worth  
living, get help.

Every life has great value.  
Finding help and purpose is vital.

Getting treatment, if necessary,  
dealing with your problems, and  
building positive relationships can  
give you back your old energy,  
hope and direction.

### Depression Can Be:

An important invitation to  
live a more authentic life



A warning that a  
relationship is unhealthy



A part of grieving



A very serious chemical or  
hormonal imbalance



A response to seasonal changes



A reaction to stress or change

### **Concerned About Someone?**

Give them this brochure with  
your highlights.  
Offer your help and support.

### For Emergency Help

- ✿ 911
- ✿ Wheeler Emergency  
Mobile Psychiatric  
Services for Children  
(866) 261-0893
- ✿ West Hartford Police  
(860) 523-5203
- ✿ National Hope Line  
Network  
(800) 784-2433

### Non-Emergency Help

- ✿ HopeWorks  
(860) 561-1175
- ✿ The Bridge  
(860) 521-8035  
American Psychological Assoc.  
[www.apa.org/topics/topicdepress.html](http://www.apa.org/topics/topicdepress.html)



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# Listening to Depression

*Hope is the thing with feathers  
that perches in the soul - and  
sings the tunes without the words  
- and never stops at all.*

Emily Dickinson  
Poet



90 North Main Street  
West Hartford, CT 06107  
860.561.1175

Email: [hopeworks@snet.net](mailto:hopeworks@snet.net)  
[www.hopeworkscentral.org](http://www.hopeworkscentral.org)



*Providing hope and help to  
young people and their families  
through counseling and  
education*



## Understanding Depression

Depression provides vital, life-changing feedback. Most people experience some degree of depression at times. It can indicate the need to listen and follow an inner yearning that would add balance, health, depth and joy to your life.

Depression could also be a serious problem laying waste to your life and relationships. Then professional help is necessary.

If you aren't sure about your feelings of sadness, please talk to someone who can help you get clear.

Professional help may include talk therapy, to find the answers that promote personal growth and a renewed zest in life. Antidepressant therapy may be needed to restore balance in brain chemistry .

## Ask Yourself

Have I suffered a major loss?

Am I in transition, looking for new purpose or meaning in my life?

Are my feelings of sadness deep and long-standing?

Am I sleeping more? Less?

Do I feel tired all the time?

Has my appetite changed?



Am I often angry and impatient with myself or others?

Have I lost the ability to function in some area of my life?

Do I have trouble concentrating?

*If you answer YES to many of these, you may need professional help.*

## What Could You Learn from Depression?

- ✿ Getting in touch with what is most important.
- ✿ Recognizing and doing something about an activity, relationship, or habit that is destructive.
- ✿ Improving your self-care.
- ✿ Learning to appreciate life's simple pleasures.
- ✿ Acknowledging losses.
- ✿ Developing compassion for the suffering of others.
- ✿ Deepening your connection with your Spiritual Self.

