

DEPRESSION

Depression is a very common response to caregiving.

If you go through any of the following, call your health care provider.

We can help:

- ☐ sleeping too much or too little
- ☐ waking up early in the morning and can't fall back asleep
- ☐ eating too much or too little
- ☐ nothing seems to make me happy
- ☐ trouble concentrating
- ☐ feeling sad all the time
- ☐ wanting to die
- ☐ feeling guilty about things in the past
- ☐ feeling things will never get better
- ☐ feeling helpless