

Your Mental Health Matters

Being depressed can happen at any age.

1 in 10 (10.4%) females were diagnosed with depression in the last year.

When to ask for help:

- Ongoing feelings of sadness, guilt or hopelessness.
- Loss of interest in things you once enjoyed.
- Significant changes in your sleep pattern, such as trouble falling or staying asleep or sleeping too much.
- Fatigue or unexplained pain or other physical symptoms without an apparent cause.
- Problems concentrating or remembering things.
- Changes in appetite leading to significant weight loss or weight gain.
- Physical aches and pains.
- Feeling as though life isn't worth living or having thoughts of suicide.



“ASKING
FOR HELP IS
OK”



Many variables effect higher rates of depression in females. Talk with a therapist today to identify your best course of treatment.

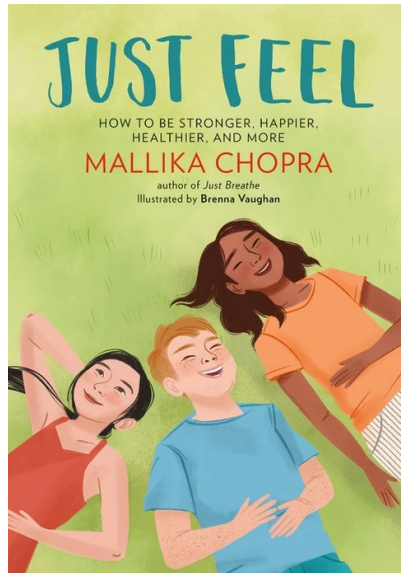
Book Recommendations

Check out these age-appropriate books that touch on mental health!

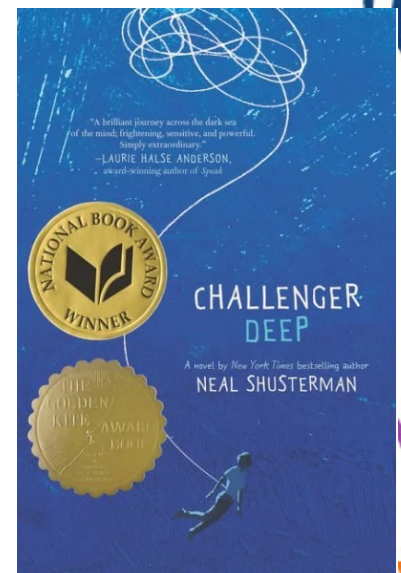
Elementary School



Middle School



High School



Resources

IF YOU START TO FEEL OVERWHELMED:

- ♥ TAKE CARE OF YOURSELF
- 💬 SPEAK TO SOMEONE YOU TRUST
- ✔ KEEP YOUR DAY TO DAY CONSISTENT
- 😊 BE HONEST ABOUT FEELING OVERWHELMED



SI TE SIENTES ABRUMADO:

- ♥ CÚDATE
- 💬 HABLE CON ALGUIEN DE CONFIANZA
- ✔ MANTÉN TU DÍA CONSISTENTE
- 😊 SÉ HONESTA CON CÓMO TE SIENTES



Suicide and Crisis Lifeline: 9-8-8

Behavioral Health Walk-In Center
(Leighton): 610-577-0555

Outpatient Mental Health Services:
484-822-5703

Your Emotional Self Supported (YESS!)
Program: 484-822-5772

SCAN ME



Scan here for all of
St. Luke's Mental Health Programs

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