

# Depression: Outside Looking In

Seems like I can't do anything right. You're always snapping at me ... and you're drinking more. I don't know what's happening, but I miss how we used to be.

We used to have so much \*fun\* together. Now every time I ask you to do something, you say you're too tired.

You've been a great employee ... but recently your work has been slipping. And you're late almost every day. That's not like you.

You look sad. How come you never smile anymore?

It's like all the \*life\* has gone out of you.

You seem so far away from me ... and I want you back.

Is something going on that I should know about?

Are you \*mad\* at me?

I'm worried about you.

Depression. It can steal your energy and hurt your relationships. But it can sneak up so slowly that you may not know it's happening.

Listen to the people who matter to you, not your depression. If they're telling you there's a problem, it may be time to get help.

Your doctor is a good place to start. With treatment and support, you \*can\* be the person you used to be.

There's no better time than now. The people you care about are waiting for you.