

Let's Talk About Depression:

Healing and Balance is Possible

What is Depression?

Depression is more than feeling sad. It is a health condition that can affect our mind, body, and spirit. Depression is a common and serious mental health condition characterized by persistent feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyable. It can significantly impact a person's daily life, relationships, and overall well-being. Many of our Relatives experience depression at some point in life, but healing is possible with support.

Understanding Depression

Depression is not a weakness. It is a medical condition that can be treated. When we care for our mental health, we strengthen not only ourselves but also our families and communities. Our teachings remind us that balance between mind, body, spirit, and community is part of wellness.

Signs and Symptoms

Depression may look different for each person. Signs can include::

- Feeling hopeless, empty, or sad for most of the day
- Losing interest in activities you once enjoyed
- Changes in sleep or appetite
- Feeling tired or restless
- Trouble focusing or making decisions
- Thoughts of self-harm or suicide



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am-Midnight.



What can help?

- Talk with a trusted Elder, healer, or Relative
- Connect with a counselor or doctor for treatment options
- Use traditional practices, ceremony, and prayer along with modern care
- Move your body, spend time outdoors, and connect with community

Sources:

1. <https://minorityhealth.hhs.gov/american-indian-alaska-native>
2. <https://www.nlm.nih.gov/health/publications/depression>