

# TOILET TALK



Issue #22

## DEPRESSION - IT'S MORE THAN JUST "THE BLUES"

**How do you know if it's depression?** If you notice the following symptoms just don't go away. Some people have only a few; some people have many. The severity of symptoms is different for different people, and can change over time.

### **Symptoms of depression:**

- Persistent sad, anxious, or "empty" mood
- Restlessness, irritability
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest in hobbies and activities
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, waking easily or oversleeping
- Changes in weight or appetite (eating more or less than usual)
- Withdrawing from friends and family
- Thoughts of death or suicide
- Persistent physical symptoms, like head and body aches

### **Did you know ...?**

- Depression is a physical illness
- Depression has multiple causes
- Depression can make you feel awful
- Depression is a treatable illness.

*With the right treatment, people get better.*

Everyone experiences some of these things at times, but if they aren't going away or are getting worse, and especially if you are having thoughts of suicide, **YOU ARE RIGHT TO GET HELP.**

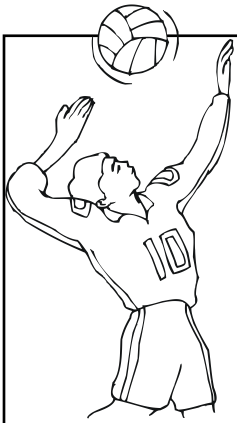
### **Who would you talk to?**

Think of an adult who you trust; someone you know will listen and take you seriously...

Get help for yourself and your friends.

**Remember, depression is treatable and with the right help, people get better.**

Source: The National Institute of Mental Health <http://www.nimh.nih.gov/>  
Provided by the Central Shenandoah Valley Youth Suicide Prevention Program  
Questions? Want more information? Contact Jane at 540-568-8901 or [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)



## **SPORTS, FEMALES AND SUCCESS:**

- Girls who participate in sports are less likely to do drugs, less likely to get pregnant, and more likely to graduate from high school than those who do not play sports.
- Half of all girls who participate in sports have higher than average levels of self-esteem and less depression.
- 80% of women identified as key leaders in Fortune 500 companies participated in sports during their childhood.
- Females who are student athletes graduate at higher rates than female students who do not participate in sports.

Source: [www.girlshealth.gov](http://www.girlshealth.gov)

## **FACT:**

**At least 1 in 5 Americans ages 12 and older have had genital herpes. Many of these people do not even know they have the disease. It is important to remember that even if a person does not have any symptoms of herpes, he or she can still infect their sexual partners.**

Source: [www.cdc.gov](http://www.cdc.gov)

**I CHOOSE NOT TO HAVE SEX BECAUSE I'VE HEARD TOO MANY PEOPLE SAY THEY WISH THEY HADN'T DONE IT.**

**FIND YOUR REASON**

[www.findyourreason.org](http://www.findyourreason.org)

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative

Questions? Contact us!

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**teen pregnancy ?  
prevention**  
Central Shenandoah Valley