



HEALTHY MIND. HEALTHY BRAIN.

Depression is a common health condition that affects how you feel, think, and manage daily life. It's more than just feeling sad or stressed for a short time. Depression can make it hard to enjoy everyday activities, do well at work or school, and stay connected with family and friends. Over time, untreated depression can also affect your brain health. It may increase your risk for memory problems, trouble thinking clearly, and confusion. It's important to pay attention to your feelings. Getting help for depression can help you feel better and may also protect your brain health in the future.

You are less likely to get depressed if you usually:

- Are physically active on most days of the week. Some physical activity is better than none.
- Eat a healthy, nutritious diet full of foods you enjoy.
- Aim for 7-9 hours of sleep each night.
- Stay connected with family and friends.
- Take part in activities that you enjoy.
- Tell your friends, family, and healthcare provider if you're experiencing symptoms of depression.

There are different ways to treat depression, so ask your healthcare provider which one might be best for you. If you're feeling overwhelmed or in crisis, call or text **988** to reach the **Suicide and Crisis Lifeline**. Help is available.

For More Information

About Depression

- **Centers for Disease Control and Prevention – Depression and Aging**
<https://www.cdc.gov/healthy-aging/about/depression-aging.html>
- **Substance Abuse and Mental Health Services Administration – Depression**
<https://www.samhsa.gov/mental-health/what-is-mental-health/conditions/depression>
- **National Alliance on Mental Illness – Depression**
<https://www.nami.org/about-mental-illness/mental-health-conditions/depression/>

About Healthy Aging

- **National Association of Chronic Disease Directors Healthy Aging Programs**
<https://www.chronicdisease.org/Healthy-Aging>
- **CDC Healthy Brain Initiative**
<https://www.cdc.gov/alzheimers-dementia/>
- **Alzheimer's Association**
<https://www.alz.org>



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

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