

NOBODY  
EVER  
SAYS, "IT'S  
NOTHING  
SERIOUS,  
IT'S JUST  
HEART  
DISEASE."

So why do some  
say that about  
depression?

Just like other life-threatening diseases, depression is a biological illness that can be treated. Which means there's hope for everyone who has it.

Learn more at  
[DepressionIsReal.org](http://DepressionIsReal.org)

American Psychiatric Foundation  
Depression and Bipolar Support Alliance  
Mental Health America  
National Alliance on Mental Illness  
National Medical Association