

YOU NEVER
HEAR, "SNAP OUT
OF IT, IT'S JUST
DIABETES."

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](https://www.depressionisreal.org)

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