

YOU'D
NEVER SAY,
"IT'S JUST
CANCER,
GET OVER IT."

So why do some say that about depression?

It's all in the head. It's just a bad mood. It's a personal weakness. They're just a few of the common misperceptions about depression. The truth? Depression is a real medical illness that can be as debilitating as other major diseases. Like cancer, it can be fatal. And like diabetes, it's biologically based. But like other life-threatening illnesses, it can be treated. Which means there's real hope for everyone who has it.

Learn more at DepressionIsReal.org

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