

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