

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