



To learn about services and local programs for depression call the **Senior LinkAge Line® at 1-800-333-2433** or log on to www.MinnesotaHelp.info



If someone you know is in crisis or an emergency seek help immediately.

Call your doctor or the **National Hopeline at 1-800-784-2433**

There are bad days and good days. Dealing with loss, change, loneliness or a chronic health condition can be challenging.

Here are some tips that can help you feel better:

Check your medications.

Medications for blood pressure, sleep, nervousness and others can affect your mood.

Tell your doctor about everything you are taking, including over-the-counter pills, vitamins and herbal supplements to avoid side effects.

Limit alcohol consumption.

Alcohol is a cause of depression. When alcohol and drugs are mixed, interactions can occur and low moods may be aggravated.

Talk to your doctor about how you are feeling.

He or she may recommend a physical checkup to determine why you're feeling down.

Stay connected.

Social support is often helpful in dealing with challenges. Talk to a friend, family member, get a pet or join a group. Participate in activities you enjoy such as a movie, ballgame, class or religious affiliation. Make new friends.

Be active.

Regular physical activity can improve your mood and physical health. Choose activities you enjoy, such as walking or gardening. Aim for 30 minutes most days. If you haven't exercised much, check with your doctor before you begin.