

Depressed?

You're not the only one.

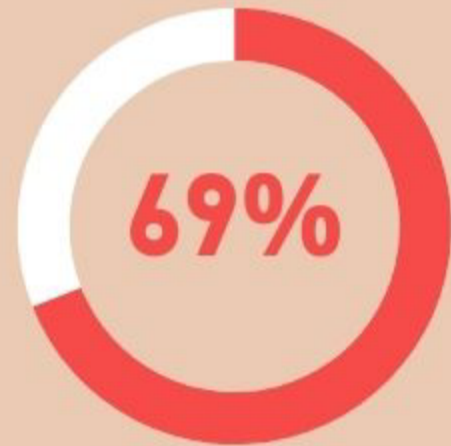


CAN'T CONCENTRATE?
LOW SELF-ESTEEM?

TROUBLE SLEEPING?
FEELING OVERWHELMED?



81%
OF TEENS REGULARLY USE SOCIAL MEDIA



69%
OF ADULTS REGULARLY USE SOCIAL MEDIA



FEELING ISOLATED?
SOCIAL MEDIA PROVIDES INAUTHENTIC SOCIAL EXPERIENCES

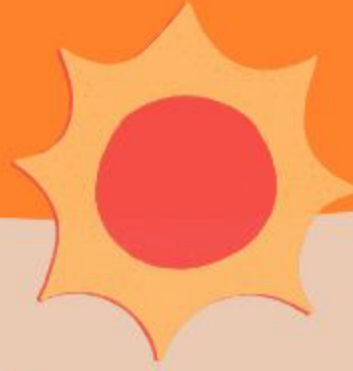


HERE ARE SOME TIPS TO COMBAT THESE EMOTIONS

BEAT YOUR DEPRESSION

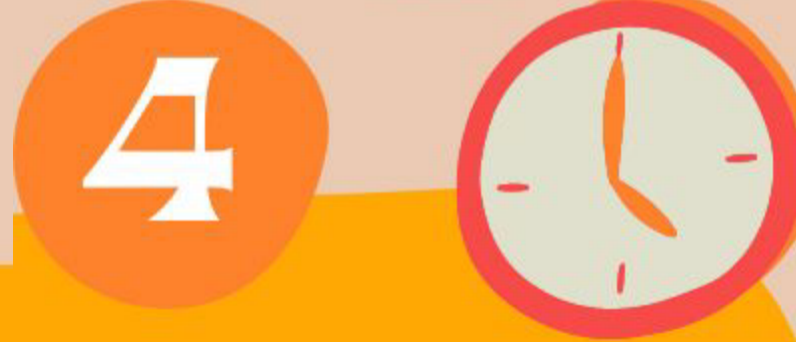
IN 5 EASY STEPS

1
RECHARGE OUTSIDE IN THE FRESH AIR



2
MAKE A CHANGE IN YOUR ROUTINE

3
PRACTICE MINDFULNESS



4
GET AWAY FROM SCREENS BEFORE BEDTIME



5
FIND A NEW SOURCE OF INSPIRATION



AND BE KIND TO YOURSELF!

FIND SUPPORT AT:

1-800-442-4673

(NATIONAL HOPELINE NETWORK)