**What is Depression?**

•Depression is a serious health problem that affects the total person.

•Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.

•In addition to feelings, it can change behavior, physical health and appearance, academic performance, social activity, and the ability to handle everyday decisions and pressures.

•More than just a bout of the blues, depression **isn't** a weakness and you can't simply "snap out" of it.