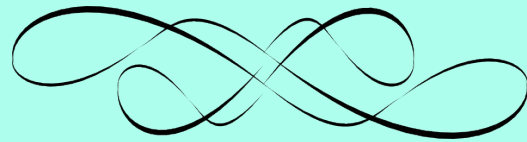



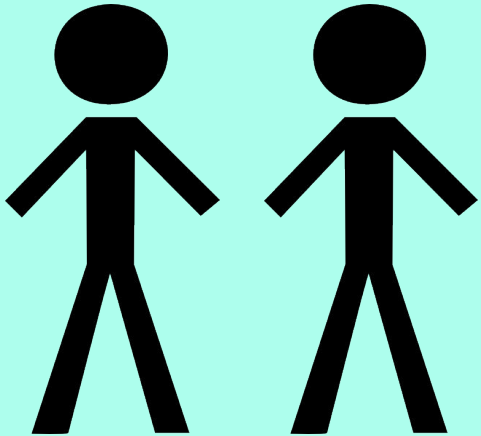
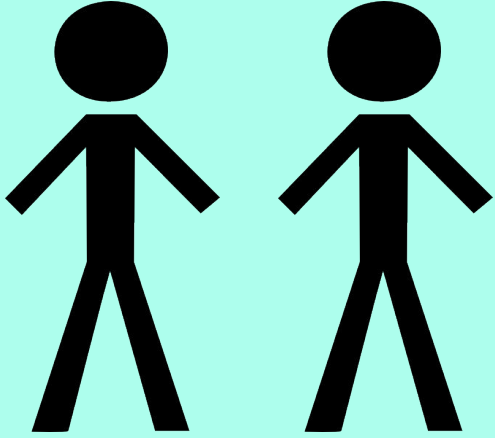
MENTAL HEALTH MINUTE



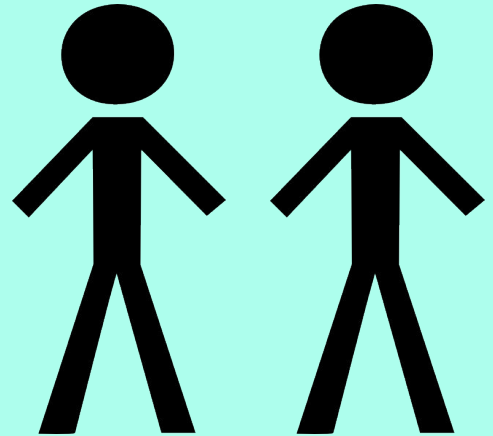
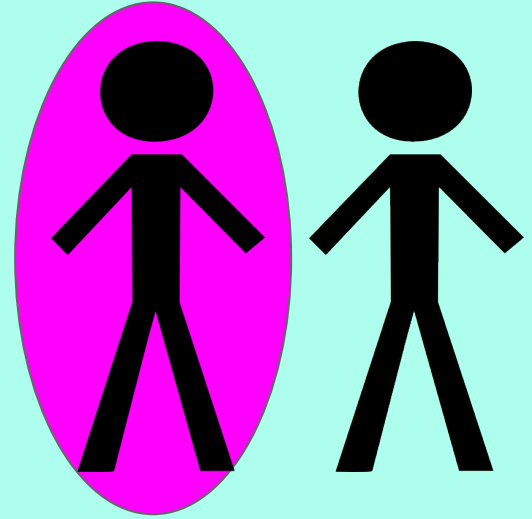
BROUGHT TO YOU BY OHS COUNSELING

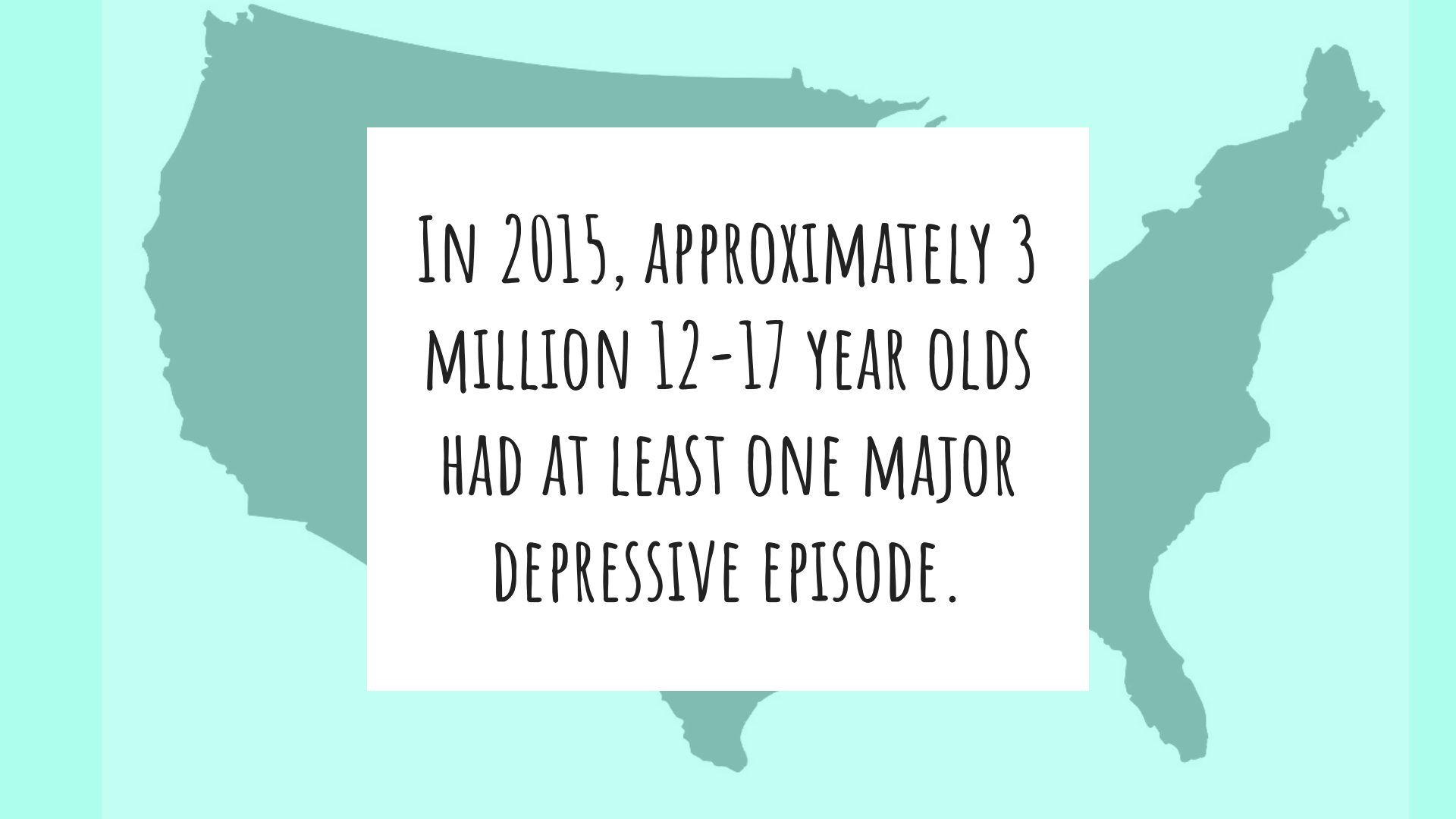
The background is a solid teal color. On the left and right sides, there are large, hand-drawn black swirls that frame the central text. The swirls are composed of thick black lines and have a fluid, organic feel.

TODAY'S TOPIC:
DEPRESSION



APPROXIMATELY 1 IN
8 TEENS EXPERIENCE
DEPRESSION BEFORE
ADULTHOOD.



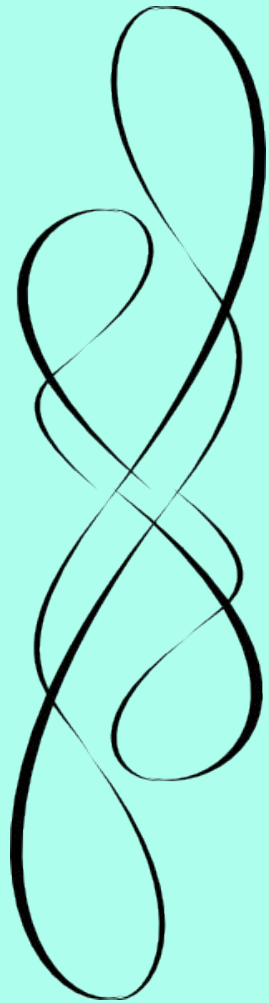


IN 2015, APPROXIMATELY 3
MILLION 12-17 YEAR OLDS
HAD AT LEAST ONE MAJOR
DEPRESSIVE EPISODE.

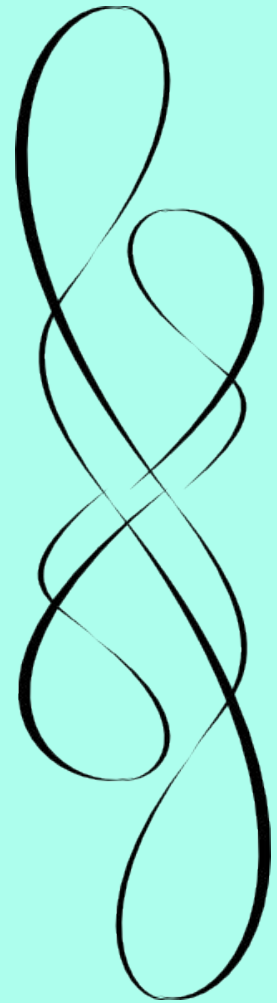


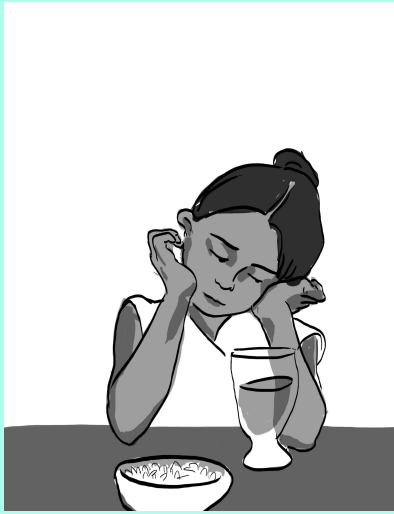
NEED HELP?





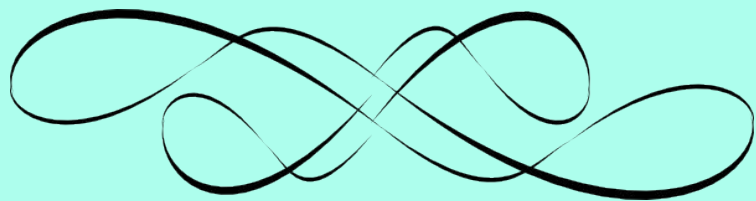
TALK TO A TRUSTED ADULT
(YOUR COUNSELOR OR A
PARENT/GUARDIAN) IF
YOU THINK YOU MAY BE
DEPRESSED.





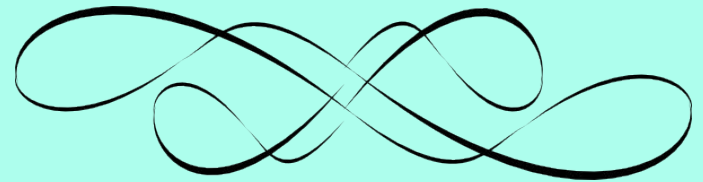
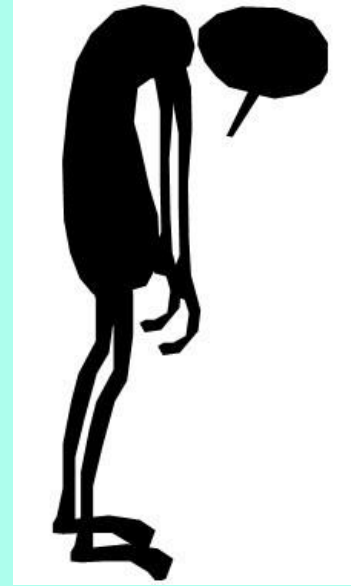
SYMPTOMS CAN
INCLUDE CHANGES
IN EATING OR
SLEEPING PATTERNS,





OR DECREASED
INTEREST IN
ACTIVITIES YOU
TYPICALLY ENJOY,

OR FEELING
FATIGUED,
WORTHLESS, OR
HAVING THOUGHTS OF
SUICIDE.



TREATMENT CAN
HELP! IT OFTEN
INVOLVES THERAPY
AND/OR
MEDICATION.



EMAIL YOUR COUNSELOR FOR HELP
OR MORE INFORMATION