



## WATERBURY HEALTH DEPARTMENT

Let's learn more about mental health

It's Mental Health Awareness Month!!

Most recent 2024 data show **5% or 1 in 20** U.S. adults regularly reported feelings of depression. <sup>[1]</sup>

### Stay Informed

2023 national data also shows that: **23.8%** of the adults ever diagnosed with depression were **Females**, while **13.7%** of the adults were **males** <sup>[1]</sup>  
Connecticut data also shows that depression is **more in females (17.8%)** as compared to males (10.8%)<sup>[2]</sup>

### Awareness

Recognize the signs and symptoms of depression.

When a sad mood lasts for **2 weeks** or more and **interferes** with normal, everyday functioning, you may be depressed!!

Symptoms include:

- **Feeling sad, empty, or hopeless often or all the time**
- **Feeling irritable, easily frustrated, or restless**
- **Lack of energy or feeling tired**
- **Not wanting to do activities that used to be fun**
- **Feeling worthless or overly guilty**
- **Trouble concentrating, remembering things, or making decisions**
- **Trouble falling asleep or staying asleep, or sleeping too much**
- **Weight gain or loss, or changes in appetite**
- **Thinking about suicide or hurting yourself**

### Seek Support

Don't hesitate to reach out for help from friends, family, or professionals.



### Stay Active

Engage in activities you enjoy to boost mood and overall well-being.



### Eat well and Take care of yourself

Eat Healthy foods.

Prioritize self-care activities like exercise and relaxation.



### Reduce Stress

Practice stress-reduction techniques such as meditation or deep breathing exercises.



### Break the Stigma

Speak openly about mental health to break down stigma and encourage others to seek help.



#### Resources:

1. CDC Mental Health. <https://www.cdc.gov/mental-health/about-data/conditions-care.html?cove-tab=2&YRBSSadBar=United%20States>

2. Connecticut Epidemiological Profile.

[https://preventionportal.ctdata.org/products/2022%20Mental%20Health%20Profile\\_FINAL.pdf](https://preventionportal.ctdata.org/products/2022%20Mental%20Health%20Profile_FINAL.pdf)