



two to three times more likely to have a stroke;



twice as likely to develop diabetes;



and are 50% more likely to develop chronic pain.
Depression affects your whole body



But there is hope. Depression is a serious illness, but it is also a treatable one.



Healthy lifestyle changes, therapies, social support and medications such as antidepressants can help you cope with and overcome depression.



Complete recovery is possible. You don't have to settle with just "feeling better", you can be yourself again. There is hope.

Camera zooms out of brain to eventually reveal smiling face in the sun.