Sometimes, it's not just a bad day.

Everyone has a bad day now and then. When that bad day lasts for weeks, it's time to see your primary care provider.

Like asthma, heart disease, or diabetes, depression can be a serious illness.

Left untreated, it can lead to suicide.

Depression
Treat it as if your life depended on it.

Minnesota Department of Human Services

save
Suicide Awareness Voices of Education