

What is Depression?

Sad mood, lack of interest in usually activities, weight gain or loss, nervousness, agitation, fatigue, unable to concentrate as well as feeling hopeless and helpless.

When these symptoms are continuous lasting longer than 2 weeks or longer, you should talk with someone about your feelings like a counselor, friend, pastor and make an appointment with your healthcare provider.

30% of adults living with Sickle Cell Anemia live with chronic pain every day of their lives which may lead to Depression

Preventing and managing stress can help lower your risk of serious health problems & complications associated with Sickle Cell Disease.

- Recognizing when you feel stressed.
- Taking time to relax.
- Stay active and eating healthy.
- Share your feelings with friends and family.

CDC Facts: Many African-Americans with a Depression never seek treatment. Only 29% of all persons with Depression contacting a health professional in the past year. But the majority, even those with the most severe depression, can get better with treatment which may include therapy.

CDC Living Well With Sickle Cell Disease Self-Care Toolkit; CDC.gov

