**DEPRESSION: A Deadly Predator**

First things First, **Depression is an ILLNESS** and it is **NOT YOUR FAULT**. Like other illnesses, it means something isn't working right in your body.

- Liver disease means your liver isn't working right
- AIDS means that your immune system isn't working right
- In Depression your thoughts aren't working

It can affect your sleep, energy, interests...

**Its goal is to: KILL YOU**

Like how this lion kills this buffalo

- Appetite, mood, body, concentration, etc.
- and more!

Preys on your weaknesses...

My mom is mad at me again

My thoughts may contain a kernel of truth: **i.e.** you failed a test or gained weight.

These thoughts, however, are NOT TRUE!!!

**HOW CAN WE FIX THE THOUGHTS**

The buffalo is strong but you are not your thoughts and you can learn to control them.

Some helpful strategies to deal with the thoughts:

- Write them down!
- Talk about them honestly with friends or a therapist!
- Distract yourself!
- Try to look at the bright side
- Most of all remember you are NOT ALONE!