

DE PRES SION

When we have peace in our hearts
and minds, we draw peace into
our lives. - *Ryanla Vanzant*

Begin Your Journey
ryanlavanzant.com



Learn more at Sisters4Cure.org

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WHAT IS DEPRESSION?

Depression may be described as feeling sad, blue, unhappy, unloved, miserable or down in the dumps. Most of us feel this way at one time or another for short periods of time. Depression intensifies these feelings and is a serious persistent medical illness. It is not something that you have made up in your head. If you are in an episode of depression, you are not alone. Help is available.

The Sisters4Cure and Kubly relationship is based on the research that depression in AA females is high. AA females are known to not enter, miss or stop treatment for breast cancer.

LEARN MORE.
SEEK HELP.
HELP SOMEONE
YOU KNOW.

BE RESOURCES

CRISIS HOTLINE
(414)
257-7222

Local Mental Health Resources

Mental Health America of Wisconsin
www.mhawisconsin.org
414.276.3122

NAMI Greater Milwaukee
www.namigrm.org
414.344.0447

- Other Resources -

NIMH.NIH.GOV

Helpguide.org

Emotional Support
Grow Through the Narrow Spots
ruthbachman.com