

About 51 million US adults have reported having depression.

WE ARE HERE FOR YOU, EVEN DURING THE HARD TIMES



IMPERIAL PRIMARY CARE  
MEDICAL GROUP  
& AFTER HOURS CLINIC

- ★ Depression is often defined as a persistent feeling of sadness or hopelessness and a loss of interest in daily activities lasting at least two weeks.
- ★ It is a deeply personal experience that looks different for everyone, with symptoms that vary widely in type and intensity. It's also common for depression to co-occur with chronic conditions like diabetes, heart disease, or chronic pain.
- ★ The most important thing to remember is that these feelings are not a source of shame—they are a medical reality, and effective help and treatment are always available.

Taking that first step to seek assistance can often feel daunting, and we understand that at Imperial Primary Care Medical Group and After Hours. We are wholeheartedly committed to supporting you through every stage of life. Please reach out to us to schedule an appointment, and we will help you access the compassionate care you truly deserve.

# DEALING WITH DEPRESSION

And remembering you are not alone

## CONNECT WITH US

- 📞 (562) 902-3000
- 📍 15625 Imperial Highway, La Mirada
- 🌐 [ipcmed.com](http://ipcmed.com)



# HOW IS DEPRESSION TREATED?

There is no "magic pill" for depression, but with the right approach, symptoms can be significantly managed. Finding the perfect fit often takes a little time and patience, but there is always hope.

Common treatment paths include:

- Individual Therapy: A private space to process your emotions and develop new ways of thinking.
- Group Therapy: Provides a sense of community by connecting you with others who share similar experiences and perspectives.
- Medication: A standard treatment where a licensed provider prescribes antidepressants to help balance the brain chemicals that regulate mood and stress.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat online with someone at [988lifeline.org](https://www.988lifeline.org). In life-threatening situations, call 911.

# SUPPORTING A LOVED ONE IN DIFFICULT TIMES

Witnessing a loved one face challenges can be tough. The most crucial step you can take is to encourage them to seek help from a healthcare provider or mental health professional. Additionally, consider the following actions:

- Offer support, encouragement, and a safe space to talk.
- Invite them to outings such as the park or a café.
- Help them stick to their treatment plan, such as helping set alarms to take medications.
- Make sure they have the tools and accessibility to go to their appointments.
- Remind them that they are never alone and that they are loved and supported.



# HOW YOU CAN TAKE CARE OF YOURSELF?

- 1 STAY ACTIVE AND MOVING! JUST A SHORT WALK CAN BOOST YOUR MOOD!**
- 2 CONNECT WITH PEOPLE! TALK TO FRIENDS OR FAMILY ON THE PHONE OR MEET UP WITH THEM! STAYING ENGAGED WITH PEOPLE IS IMPORTANT IN ORDER TO AVOID ISOLATION.**
- 3 MAINTAIN A GOOD SLEEP SCHEDULE AND AIM FOR AT LEAST 8 HOURS OF SLEEP! SLEEP IS NECESSARY FOR OUR BRAIN HEALTH AND EVEN MEMORY.**
- 4 EAT REGULAR HEALTHY MEALS. ADDING A VARIETY OF FRUITS AND VEGETABLES IS KEY FOR FEELING GOOD MENTALLY AND PHYSICALLY.**

