



## Fight back against depression

Depression is common and affects people of all ages. Sometimes, people don't even know they are depressed, so it's recommended for everyone to [get screened for depression](#).



### Check how you're feeling

Screening is often part of a routine checkup. If you think you may be depressed, you can [use an anonymous online self-check tool](#) and share your results with your doctor to discuss your options.



### Get the support you need

Depression is treatable, and it's normal to explore care options to figure out what works best for you. Some people can ease symptoms with meditation, exercise, or self-care practices, while others may need more support.



### Talking is the first step

It can be hard to tell others about how depression feels because it is different for everyone. But the sooner you start a conversation, the quicker you can be on a path to feeling better.



Scan the QR code or visit [kp.org/depression](https://kp.org/depression) to learn more about depression screening.

If you think you or someone you're caring for is having a medical or psychiatric emergency, call 911.

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