

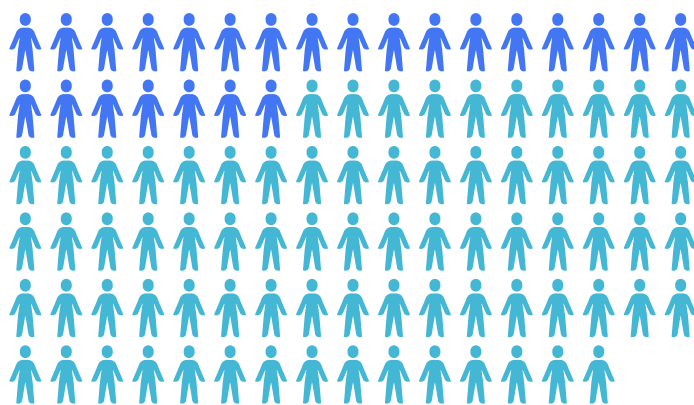


DEPRESSION & CANCER

Most individuals experience some level of distress related to their cancer diagnosis and treatment. Initial emotional responses may include feelings of disbelief, denial, worry, anger, or despair. Lasting, anywhere from several days to weeks, this is a **NORMAL** response. Many individuals have coping strategies for managing these feelings brought about by cancer; however, some will experience a major depression.

24%

OF CANCER PATIENTS ARE AFFECTED BY DEPRESSION



SIGNS & SYMPTOMS

1

Mood-Related Symptoms

Feeling Down, Sad, Hopeless, Irritable, Numb, Worthless

Behavioral Symptoms

Loss of interest in activities you used to enjoy, frequent crying, withdrawal, loss of motivation to do daily activities

2

3

Cognitive Symptoms

Trouble focusing, difficulty making decisions, memory problems, negative thoughts

Physical Symptoms

Fatigue, Appetite Loss, Sleep Changes, Sexual Problems

4

TREATMENT

Managing depression in people with cancer might include counseling, medication or a combination of both. Medications are particularly helpful for improving mood and physical symptoms. Psychological treatment, such as counseling is helpful for managing negative thoughts and low self-esteem and building coping strategies.

NWMS has mental health professionals available to help navigate the challenges brought on by cancer, including depression.

Reach out to a mental health provider or your cancer care team if you or your loved one are experiencing:

- Thoughts of suicide, or can't stop thinking about death
- Concern about personal safety
- Can't eat or sleep and isn't interested in their usual activities for several days



988

CALL the 24/7 line 988 if you are experiencing a Mental Health Crisis