



Depression vs. Anxiety

Depression

- is an illness that causes feelings of sadness or a loss of interest in activities
- negatively impacts how you feel, think, and act

Anxiety

- is a normal reaction to stress
- anxiety disorders involve excessive fear or worry that is difficult to control and disproportionate to the actual danger

SIGNS OF DEPRESSION	SIGNS OF ANXIETY
loss of interest in activities you once enjoyed	uncontrollable worry
significant weight loss or gain due to change in appetite	excessive nervousness
feel worthless or guilty	difficulty sleeping
trouble sleeping or sleeping too much	upset stomach
unable to concentrate or make decisions	increased heart rate
fatigue	muscle pain, tightness, soreness
recurring thoughts of death or suicide	avoidance



1 in 6 people will suffer from depression

nearly **1 in 3** will suffer from an anxiety disorder in their lifetime

If you recognize these symptoms make sure to:

1. Practice self care – be kind to yourself and do things you enjoy. Eat healthy, exercise, and get plenty of rest.
2. Get help – you don't have to shoulder the burden of these feelings alone. Talk to someone you trust or call your doctor or a mental health professional.
3. If you are thinking of death or suicide, call the National Suicide Hotline 1-800-273-8255 or tell someone you trust and let them know you need immediate help.



Recognize It

Look out for common signs and symptoms



Talk About It

Connect with someone you trust to share your thoughts



Support Others

Let them know you're there to listen and find help if needed



Get Help

Reach out to your doctor for support and guidance

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A few years ago, my impact protection vehicle was struck by a vehicle traveling over 60 mph. I was off work for a year due to my injuries. I felt “fine” on returning to work but, soon started to feel anxious and panicked – I felt like I couldn't breathe, and I started crying – I learned afterwards that I was having a panic attack.

My company helped me find a counselor, and I was diagnosed anxiety and post-traumatic stress disorder (PTSD). I still have worries about getting back in an IPV and haven't been in one since, but my managers and coworkers have been really supportive and I'm so grateful to them.

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Call or text - 988
suicidepreventionlifeline.org



SIGN IN

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*Scan for mental
health resources*



HOLD ON PAIN ENDS



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