



MAY'S THRIVE THURSDAY

THE LADY BONE DOC WILL SEE YOU NOW...

ARE YOU DEPRESSED?

Here are some warning signs:

- Are you sad?
- Are you having problems concentrating?
- Are you sleeping more (or less) than usual?
- Are you tired all the time?
- Has your appetite changed?
- Do you feel guilty?
- Have you thought about hurting yourself?



HELP IS OUT THERE

There are safe places to seek help!

National Alliance on Mental Illness (NAMI)

Visit www.nami.org

Call their helpline (800) 950- NAMI

Or text "NAMI" to 741741 if you are in crisis