



## Problems with Depression

- **Recognize that depression isn't permanent.**  
Depression is a natural, temporary state in people who have suffered a TBI. Even severe episodes of depression can be improved with treatment.
- **Quit the negative thinking.** Note any negative thoughts that might reinforce your depression. Thoughts like "I'll never get better" or "My whole life is ruined" make things worse. Come up with alternative thoughts, like "I will be able to kick this depression over the next few months."
- **Schedule pleasant activities.**  
Pleasant activities – no matter how big or small – will help you recover.
- **Maintain healthy habits.** Exercise is a natural way to increase your energy and improve your mood. Other helpful habits include: getting enough sleep, eating healthy, and avoiding alcohol, tobacco, drugs, and energy drinks.
- **Add structure.** Slowly return to work or school. Look for opportunities to participate in the world around you, from volunteering to helping out around the house.
- **Get support.** Talk to people you trust – friends, family, buddies – and let them know how you're *really* doing. Talking to others will keep you from feeling isolated and will give friends and loved ones a chance to help you.
- **Seek professional help.** There are excellent talk-therapy treatments and medications available for depression. Make sure that your provider knows about your history of concussion before prescribing medication, in case your injury makes you prone to side effects.



**Get help  
immediately  
if you or  
someone you  
know is  
thinking about  
self-harm or  
harming another.**

**Call the  
National Suicide  
Prevention  
Hotline at  
1-800-273-TALK.**



**While (negative) thoughts can occur during a depression, thoughts about self-harm or harming others should *never* be taken lightly.**