Depression affects everyone differently. People with disabilities are 2 to 10 times more likely to experience depression than someone without a disability and women over the age of 65 are twice as likely to be affected by depression than men. People with disabilities face a variety of challenges – such as access barriers, mobility limitations, lack of transportation, and social stigmas. These issues can limit people with disabilities from visiting friends and family, as well as accessing mental health services.

Signs & Symptoms of Depression

- Sadness
- Feeling of hopelessness
- Suicidal thoughts or behaviors
- Abnormal sleep patterns (sleeping too much or too little)
- Loss of interest in activities that once brought you joy
- Neglecting personal care
- Skipping meals or overeating
- Increased use of alcohol or drugs

Ways to Cope

- Contact family and friends to engage in social interactions
- Find activities that you enjoy
- Adopt healthy habits, like exercising and eating a variety of fruits and vegetables
- Practice mindfulness to increase self-compassion and decrease anxiety
- Talk to your doctor, therapist, or other professional for more information

To find help in your area, contact

SAMHSA's National Helpline at 1-800-662-HELP (4357)