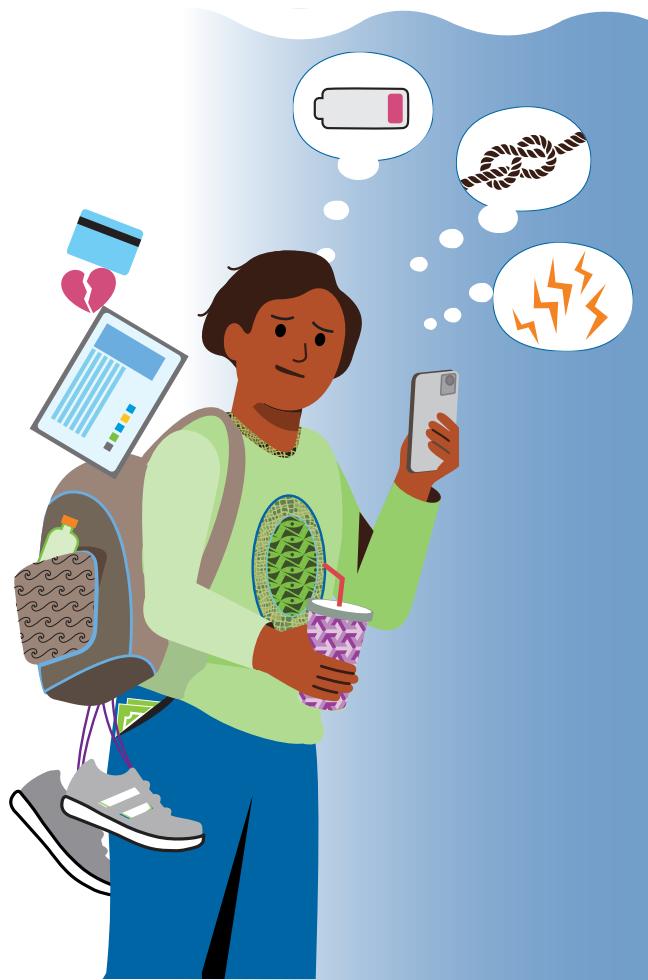




# Struggling to Feel Like Yourself? You Are Not Alone.

1 in 3 teens in Ohio may feel  
symptoms of anxiety or depression.



# Stress or Anxiety What's The Difference?

Stress is your body's way of getting ready to handle something tough — like a big test, a sports game, or speaking in front of the class. It can be normal and actually help you focus or try harder.

Anxiety is when you feel nervous, scared, or worried a lot even when nothing big is happening. It can get in the way of school, friends, or just feeling like yourself.

*Anxiety might make you feel:*

- Stomach aches or headaches
- Tired but unable to sleep
- Shaky hands or sweaty palms
- Really hot or really cold
- Grumpy or easily annoyed
- Like everything is “too much”
- Distracted or unable to sit still
- Super worried or panicky

If stress or anxiety is making life harder, talk to a parent, teacher, school counselor, or someone you trust. You're not alone and there are ways to feel better.



Safe and effective treatments are available for depression and anxiety. Treatment can help manage your symptoms and let you focus on your life.

# What is Depression?

Everyone feels down sometimes — it's part of being human. But depression goes deeper. It's when those heavy feelings stick around and start to affect your daily life, your relationships, and the way you see yourself.

*Ask yourself:*

- Do I care about things less than I used to?
- Have I been wanting to spend less time with friends and family?
- Do I feel angrier or have a shorter fuse?
- Is it hard to sleep, eat, or have enough energy?
- Have I been feeling down or bad about myself?
- Have I felt so sad I wanted to hurt myself?

Depression doesn't look the same for everyone. You might experience a bunch of these signs, or just a few. If something feels off, trust yourself and talk to someone.



You don't have to wait until you feel bad to get help or talk about your concerns.

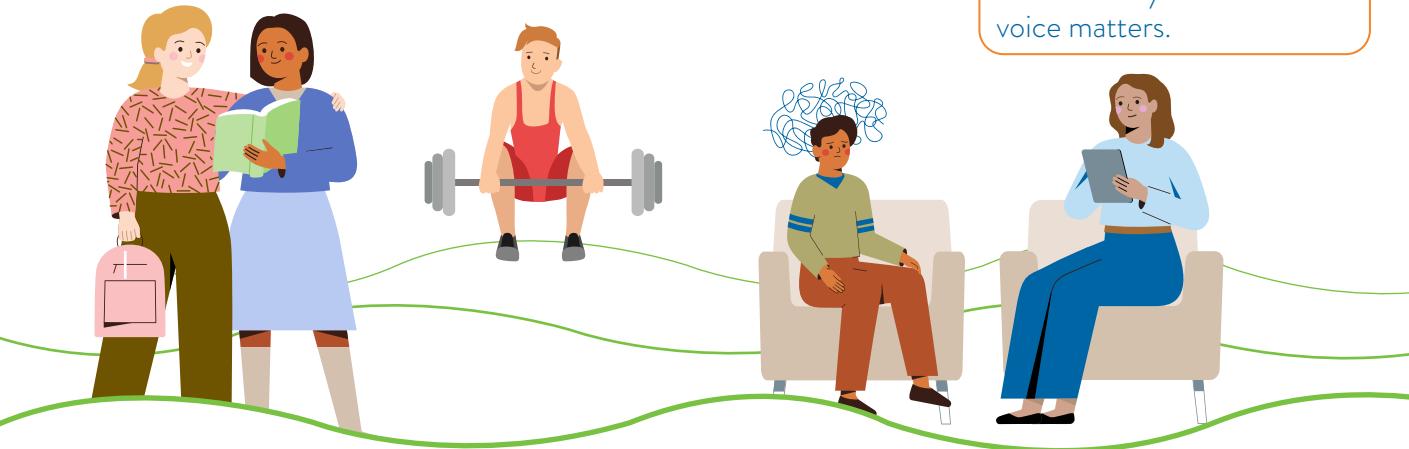
# You have Options!

There are many things you can do to try to feel better:

1. Spend time with people you trust — even if it's hard
2. Move your body: walk, stretch, dance, or workout
3. Stick to a sleep routine
4. Eat nutritious foods
5. Do things you enjoy
6. Talk about how you feel with a trusted adult like a parent, teacher, doctor, or coach

Did you know... doing any of these things can be a tool for coping with depression and may help you feel better!

Sometimes these options are not enough. Your provider can connect you to a mental health professional who can help you through therapy, medication, or both.



# Treatment Plans

Depression and anxiety can keep you stuck. There are different ways to feel like yourself again. You don't have to make changes alone. Here are some tools to help you if the options you've tried aren't enough:

## Therapy/Counseling

- A trusted space to talk with a professional who listens and helps.
- Get help with changing habits and thoughts.

## Medication

- Your doctor might suggest medicine to help you feel better.
- Never stop taking your medication without talking to your healthcare provider. It can take a few tries to find the right one.

## Therapy and Medication

- Sometimes using both together works best. Medication can help make therapy more effective.

If therapy isn't helping, speak up! Your therapist can adjust to better fit your needs. Your voice matters.

# Resources

Talk to your medical team today about your symptoms.

Your school counselor can also be a trusted adult. Ask them about resources that might be available at your school.

For more information on depression and anxiety or for resources to help you get the care you need, visit: <https://go.osu.edu/hmsf>

Communication is super important. Parents, check out these resources too.



If YOU have thoughts of hurting yourself, reach out NOW for emergency care.

- Free, 24/7, Confidential Suicide & Crisis Lifeline: **Call or text 988**
- Call 911
- Go to your nearest emergency room



# Your Feel Better Game Plan

You don't have to do everything at once. Start small. Pick one or two things to try today:

Who can I connect with this week?

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What kind of movement can I do today? (walk, stretch, dance, etc.)

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What time will I go to bed and wake up?

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What's one healthy thing I can eat today?

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What's one activity that I enjoy?

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When can I talk to a trusted adult or medical professional about other ways to get support (therapy/counseling/medications)?

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You're not alone. You deserve support, and you're allowed to ask for help.

Are YOU having thoughts of hurting  
yourself or hurting others?



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