



Take Care (Bear)

Putting yourself first might just be the best medicine. Everyone in your care will benefit when you realize depression is more than sadness.

Lack of concentration or changes in appetite and sleep patterns can be signs of depression, not dedication.

One in six people will experience depression in their lifetime. You're not alone.

It doesn't have to be unbearable. There's help.

Visit RightDirectionForMe.com and get started on the path to wellness.

