

# GENERAL INFORMATION

## *Depression*

**LIVING** with HIV and HCV coinfection can be overwhelming! This may lead to anxiety (being very nervous) and depression (feeling sad all the time). Depression can affect almost every area of your life and the people around you. Trying to cope with and living with HIV and HCV, treating both diseases and trying to figure out medical insurance if you have any, housing, taking all your medications, and other issues can lead to feeling that you can't handle things. Depression is a medical condition that can also make HIV and HCV illness worse. But it can also be treated with medications and by talking with professionals.

There are many symptoms of depression such as feeling sad, nervous, not having any feelings, crying for no reason, feeling hopeless, guilty, lack of worth, not interested in everyday activities or family and friends. Depression can lead to physical problems such as pain, being tired all the time, not being able to sleep, not eating, losing weight or eating too much food. Some people may also feel that they want to kill themselves. If you feel like killing yourself you should see a doctor or nurse right away. Call a helpline so you can talk it out. If these options are not available go to an emergency room.

There are many steps you can take if you are depressed. First of all talk with a professional. There are medications that can help but remember that they take a few weeks to start working. Check out a support group. Alcohol and some drugs can make depression worse. Regular exercise, restful sleep, eating well and trying to keep a positive attitude can help, but depression is not something you can snap out of. It's a serious medical condition that needs immediate attention.

educate yourself

### Check this out:

- Talk with family, friends and professionals if you feel that you are depressed
- Depression is an illness that can be treated successfully
- HIV and HCV and their treatments can cause depression
- Remember—You don't have to go it alone

*For Living  
Positively  
Being Well*

