



Depression: You're not alone (Colección Salud)

Apolo Zepeda

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When someone is depressed his/her life changes in all aspects. Did you know that from 10% to 20% of the world population suffer from depression? This disorder doesn't come up by itself; its origin depends on different aspects that could be social, genetic or so. But... how do I know if I'm depressed?. A depressed person presents different characteristics, you can identify that you are depressed if you, for example, feel sad all the time or you feel sleepier than other days. The most important thing besides getting informed and going to the doctor is to know that you can get over depression.

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