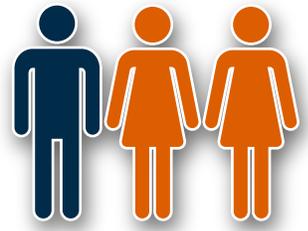


Is it possible to have anxiety with clinical (major) depression?



Nearly half of all patients diagnosed with depression also have symptoms of anxiety.¹



Depression is approximately twice as common in women than in men.^{2,3}

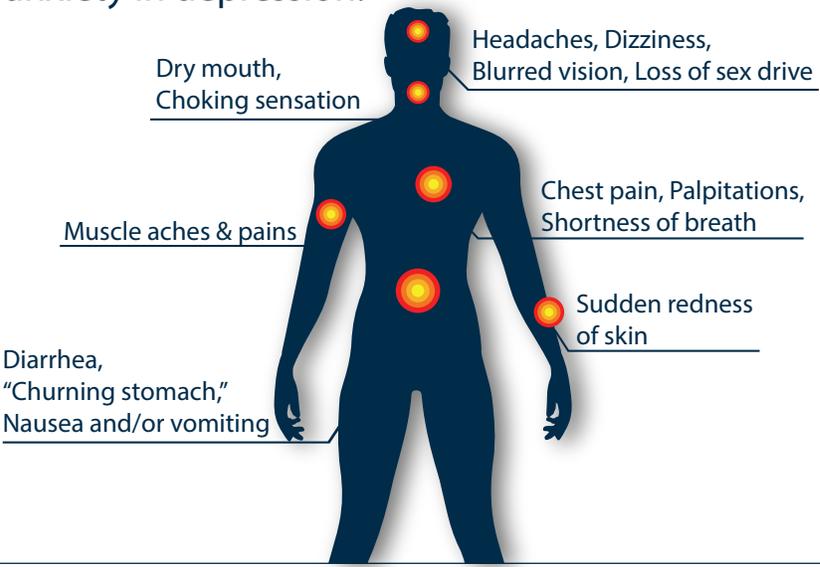
Depression is the leading cause of disability in the US for individuals between ages 15 and 44.⁴



Signs that anxiety, or anxious distress, may be present in major depression:⁵

- Feeling keyed up or tense
- Feeling unusually restless
- Difficulty concentrating because of worry
- Fear that something awful may happen
- Feeling of potential loss of control

Physical symptoms can also occur with anxiety in depression:^{6,7}



In people with major depression, high levels of anxiety are associated with:^{8,9}

- higher suicide risk
- longer duration of depression illness
- greater likelihood of nonresponse to treatment

This can **worsen** a person's chance of recovery.⁹

Anxiety in depression can significantly affect quality of life.³



Talk with your care team. With proper diagnosis & treatment, many people with depression & anxiety will overcome it. If you are experiencing symptoms, a first step is to see your family physician or psychiatrist. Talk about your concerns & request a thorough evaluation.¹⁰

When to get emergency help.¹¹ If you think you may hurt yourself or attempt suicide or if you have a loved one who is in danger of suicide, **call 911 or 1-800-273-TALK (8255).** Also consider these options if you are having suicidal thoughts:

- Call your doctor or mental health professional
- Reach out to a close friend or loved one
- Contact a minister, spiritual leader, or someone else in your faith community

If you or someone you know is in crisis, call the Suicide Prevention Hotline/Lifeline at 1-800-273-TALK (8255) or text the Crisis Text line at 741-741

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