

Finding Peace in Your Mind

A black and white photograph of a person's hands covering their face, symbolizing distress or a search for peace. The person's face is mostly obscured by their hands, with only their eyes and part of their nose visible. The lighting is dramatic, highlighting the texture of the skin on the hands and the contours of the face. The background is a plain, light color.

Video 7

Depression and Anxiety are not...



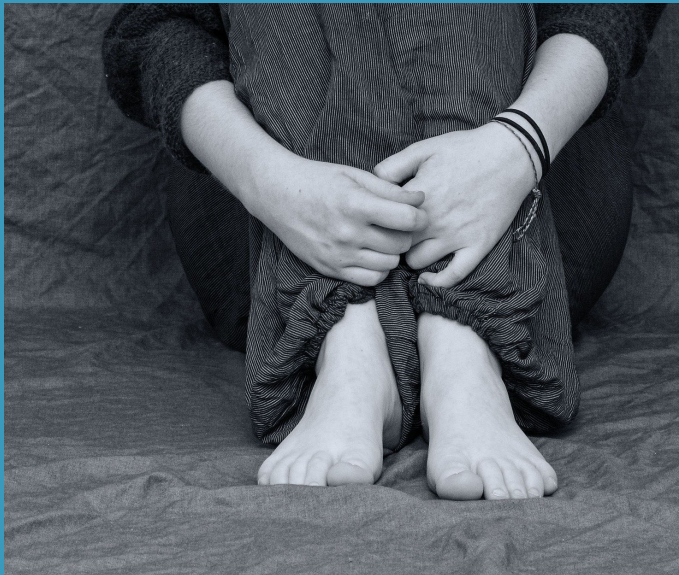
Depression is...



Anxiety is...



Am I Depressed?



- Feelings of
 - Sadness, anger, hopeless
 - Non interested
- Changes
 - eating or sleeping
 - Headaches, stomach pain, body ache
- Thoughts
 - Ending life, death*

Am I anxious?

Feelings of

- Worry
- Restlessness, tired
- Irritable

Changes

- Concentration
- Sleeping



Where do I start?



IMPORTANT

YOU ARE NOT ALONE!

Call: 832-416-1199

Text: 281-201-4430



What steps can I take?



**Talk to your
CHW**



**Talk to your
doctor**



Sleep well



**Eat 5-9 fruits
and vegetables
daily**



Move more!



20 minutes, 3 times per week



Without guidance, plans fail; with many advisors, they succeed

Proverbs 15:22



Do you need vaccines or eye referrals?

Your CHW can help CONNECT you



References

- National Institute of Mental Health (NIMH). (2023). *Major Depression*. U.S. Department of Health and Human Services. <https://www.nimh.nih.gov/health/statistics/major-depression>
- Pratt, L.A., Duran, B., & Terlizzi, E.P. (2024). *Symptoms of Anxiety and Depression Among Adults: United States, 2019 and 2022*. National Health Statistics Reports, No. 213. CDC/National Center for Health Statistics. <https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf>
- Farooqi, A., Gillies, C., Sathanapally, H., et al. (2022). A systematic review and meta-analysis to compare the prevalence of depression between people with and without Type 1 and Type 2 diabetes. *Primary Care Diabetes*, 16(1), 1–10. <https://doi.org/10.1016/j.pcd.2021.11.001>
- Noetel, M., Sanders, T., Gallardo-Gómez, D., et al. (2024). Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials. *BMJ*, 384, e075847. <https://doi.org/10.1136/bmj-2023-075847>
- Acoba, E.F. (2024). Social support and mental health: the mediating role of perceived stress. *Frontiers in Psychology*, 15, 1330720. <https://doi.org/10.3389/fpsyg.2024.1330720>
- National Alliance on Mental Illness (NAMI). (2025). *Mental Health By the Numbers*. NAMI. <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>