



**Ask your
health care provider
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

Coping with Symptoms of Depression

Learn more about this common mood disorder, including symptoms of depression, causes, and risk factors. This program provides information about how to tell if you are clinically depressed and reviews treatments and approaches that may help so, together with your health care provider, you can begin to take control of your depression and live an active, healthy life.