



WHY  
ME?

You've been diagnosed with a serious medical condition. You're confused. Upset. Afraid. These feelings are normal. But persistent sadness, fatigue and hopelessness are not. They're signs of depression and are common in people with chronic health problems. **To learn how to get help, call the Mental Health Association at 585-423-1572, or visit [www.youcangetbetter.org](http://www.youcangetbetter.org).**



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