

Why can't I  
leave you alone  
for a  
minute?



You love them. You want to help. So why are you so tired, resentful, even hopeless? Family caregivers are at greater risk for symptoms of depression. There are many. And some of them may surprise you. But they indicate a serious medical condition. There is help. **To learn how to get it, call the Mental Health Association at 585-423-1572, or visit [www.youcangetbetter.org](http://www.youcangetbetter.org).**



DEPRESSION. IT'S NOT WHAT YOU THINK.

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