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BLOG

Running on Low for Years? Questions Worth Asking

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Ask Yourself

- Has the low mood lasted 2 years or more?
- Do people say I am just quiet?
- Does asking for help feel pointless?

Bring to Your Visit

- How long the low mood has been around
- What you have already tried
- Recent sleep, energy and appetite

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What You Can Do

- Ask for an evaluation by video
- Walk 30 minutes when you can
- Thoughts of suicide? Call or text 988

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Read the full article

Low for Years, Not Weeks: Persistent Depressive Disorder

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.