

Support within reach

Depression and anxiety

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According to Gallup, the percentage of adults in the United States who report being diagnosed with depression at some point in their lifetimes has reached 29 percent. The percentage of Americans being treated for depression is 17.8 percent. And globally, nearly 4 in 10 adults live with significant depression or anxiety or have a close family member or friend who does.¹

This week's Mental Health Awareness Month resources can help you learn more about depression and anxiety, including a podcast about a personal experience with depression and tips to help you manage your thoughts.



Featured resource

Aimee's story matters: the gift of giving and getting support

Aimee shares some of the most impactful steps she's taken on her journey with depression and anxiety.

[Listen to Aimee's story](#)

Becoming aware of your thoughts

Learn how to spot, challenge and change automatic negative thoughts to more positive, realistic ones.

[View the infographic](#)



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¹Witters, Dan. [U.S. depression rates reach new highs](#). Available at: news.gallup.com. Accessed January 2025.

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