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[Veterans Affairs - Understanding Depression: A Resource for Providers and Patients](#)

Depression is a medical condition that can affect each of us. It is also a medical condition that can be treated. The 32 page booklet called [Understanding Depression: A Resource for Providers and Patients](#) provides detailed information about causes, symptoms and treatments for depression. The booklet includes strategies and worksheets on self-management, talking with friends and family about your depression and developing a sleep improvement plan.

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