



E-Cards: WII and Depression

Dump depression by surrounding yourself with people who are important to you; you are not alone. Take AIM at Preventing Depression.



Text: For more information, consult the Take AIM at Depression Guide: http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Depression/WII_Depression_Guide.pdf



Dump depression by getting physical. Exercise can improve your mood and help you sleep better. Take AIM at Preventing Depression.



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