

When depression strikes

Dear Annie: I want people to know that depression can happen to someone even if her life appears wonderful. I know from experience. A few years ago, I had just married a wonderful man and moved to a beautiful home in a fun new city. I had been looking forward to these changes for months. However, once we moved, I found myself deeply sad and irritable.

I remember when our wedding pictures came in the mail from our photographer. I felt as if I were looking at a stranger when I saw myself. The happy bride in the photos seemed a million miles away. I wondered what was wrong with me. How could I have been so happy just a few weeks before? I was absolutely positive that I would never smile again the way I smiled in those photos. On top of that, I felt so embarrassed and ashamed to be so unhappy. After all, a large group of my friends and family just celebrated with us, brought gifts and wished us well.

I forced myself to join a social group in my new city and saw my primary care physician for a referral to a mental health professional. She diagnosed me

Dear Annie



By Annie Lane

Creators Syndicate Inc.

with depression and explained that a major life change can sometimes contribute to depression, even if that life change is something great. I got treatment and have felt much better. I want other people to know that they don't have to suffer with depression. There is help available. — *Chris in Massachusetts*

Dear Chris: Thanks so much for coming forward and reminding all of us that depression is common and treatable. Today, Oct. 6, is National Depression Screening Day. About 10 percent of Americans suffer from depression each year. Symptoms to look out for include feelings of hopelessness and pessimism, decreased energy, insomnia or oversleeping, and significant changes in weight.

If you feel you or a loved one may be depressed, see a licensed therapist.

Anyone can take a free and anonymous depression screening at <http://www.HelpYourself-HelpOthers.org>.

Dear Annie: In response to "Sick and Tired," the gentleman who is 5 feet tall and having a tough time: My husband and his brother were both short. The difference in the two was that my husband carried himself tall while his brother used his height to gain pity.

My husband not only handled everyday life well but also stood up for those who could not stand up for themselves. Once, when a gang of teens surrounded a man in a wheelchair, terrorizing him, my husband, who was using a cane at the time to get around, waded into the fray, giving the man a chance to get into a nearby store.

The store manager, a woman, came out to help, while all the "tall" men hid like children in safety.

It is not your height that makes you tall. It's how you feel about yourself. — *Proud of My Husband*

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Of course it's easier if things naturally click together, but they don't always, and adjustments must be made. It's not like it's all that hard to file the edges of that square peg down so it fits the round hole.

TAURUS (April 20-May 20). It is good to apply your mind to many of the day's tasks, problems and responsibilities — but not all of them. What happens this afternoon, for instance, is best approached with an open heart and ready hands.

GEMINI (May 21-June 21). Abstract thinking is highlighted. The concept that could save the day will be completely out of the blue, off the wall and seemingly unrelated to the logical trajectory. There's no arguing with what works!

CANCER (June 22-July 22). Don't worry too much about the clean break. As it is in most good stories, the end of the chapter doesn't have to wrap things up neatly. More often than not, it leaves a mess to be solved further into the book.

LEO (July 23-Aug. 22). This so-called "coincidence" is no such thing. Rather, take today's kismet as an indication to keep following the path you're on. This will unfold in a positive way for many.

VIRGO (Aug. 23-Sept. 22). You can't always control what environment you exist in, but to the degree you can control it, do. Take charge and put yourself where you're likely to feel healthy, interested and engaged.

LIBRA (Sept. 23-Oct. 23). Cranky people may be funny for a while, but after continued exposure, the attitude gets old fast. Get enough sleep and food so that this is not you, and help to make comfortable those

who are prone to agitation. **SCORPIO (Oct. 24-Nov. 21).** Sometimes you're the star; sometimes you're the extra. Those who can accept that they don't always have an active role in the main event will fare better and have more fun with what's going on today.

SAGITTARIUS (Nov. 22-Dec. 21). You've no problem making a sacrifice. The big challenge will be in sorting the unhelpful, unnecessary sacrifices out from the ones that will really make a difference. You can help others by helping yourself.

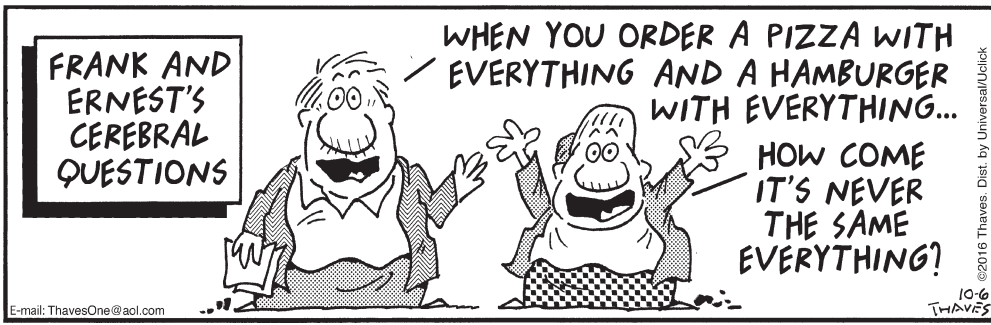
CAPRICORN (Dec. 22-Jan. 19). You've already built a lot of goodwill in the beginning of a relationship, and you will not have to do much work later to persuade anyone to help you out.

AQUARIUS (Jan. 20-Feb. 18). The pressing question will have to do with who should get the credit, how much and why. Even though this is not a financial matter now, keep in mind that it could very well develop into one later.

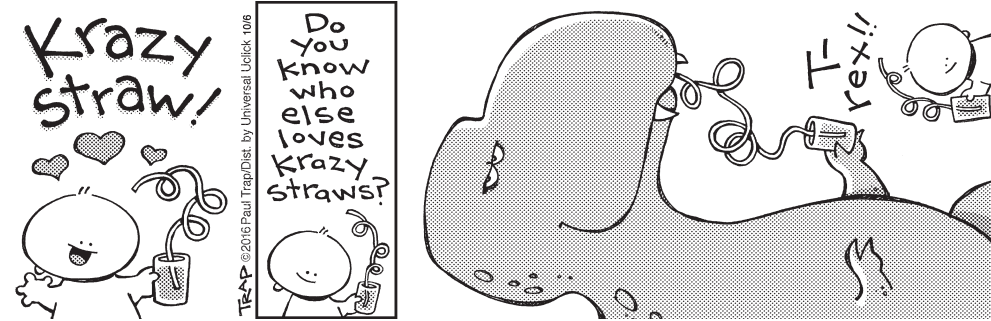
PISCES (Feb. 19-March 20). That feeling you're getting is correct: Someone is watching. Don't let that worry you, though. The longer you're observed, the more obvious it becomes to your audience that you're a winner.

FRIDAY'S BIRTHDAY (Oct. 7). To say that you desire success would not be incorrect, just incomplete. What you want more is to know what is best and to embody it. Those around you sense your integrity, your indifference to money and your courage. Much of the next six months will be spent educating yourself for the important work to be done. Capricorn and Sagittarius adore you. Your lucky numbers are: 12, 3, 4, 18 and 6.

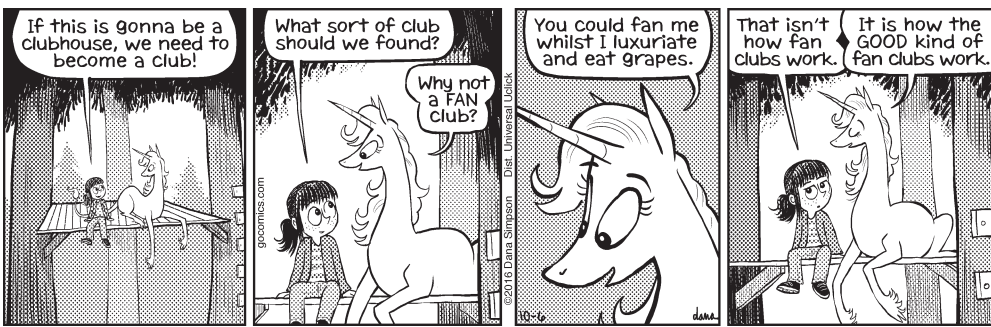
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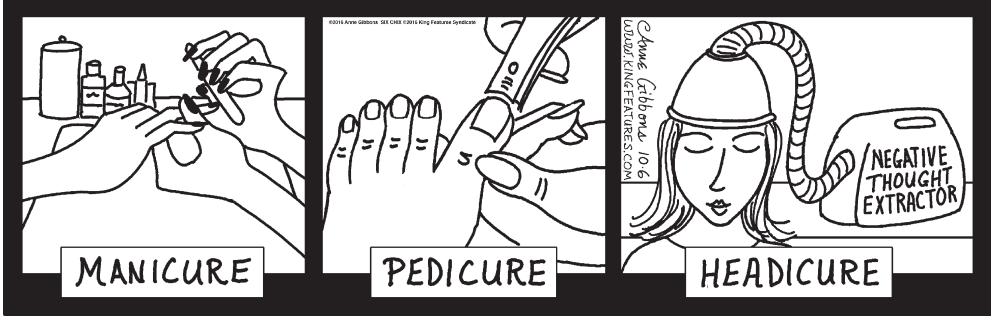
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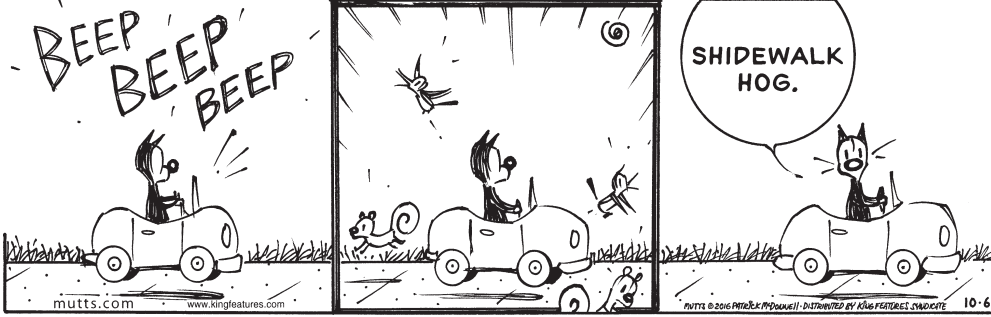
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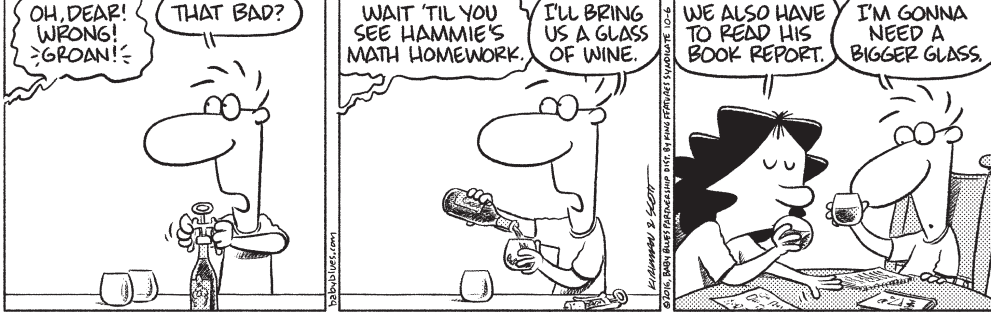
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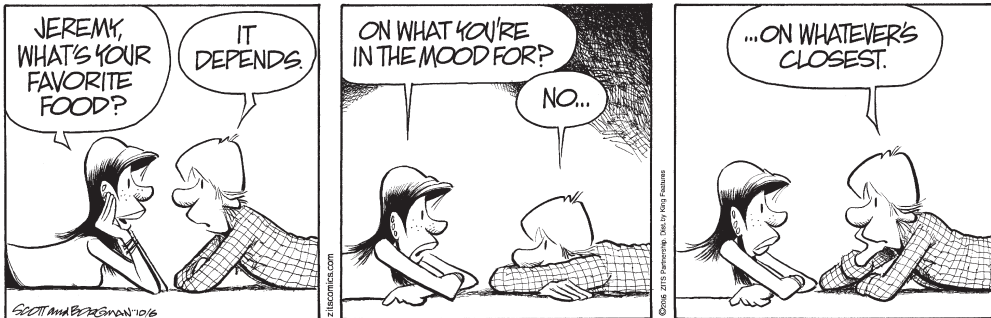
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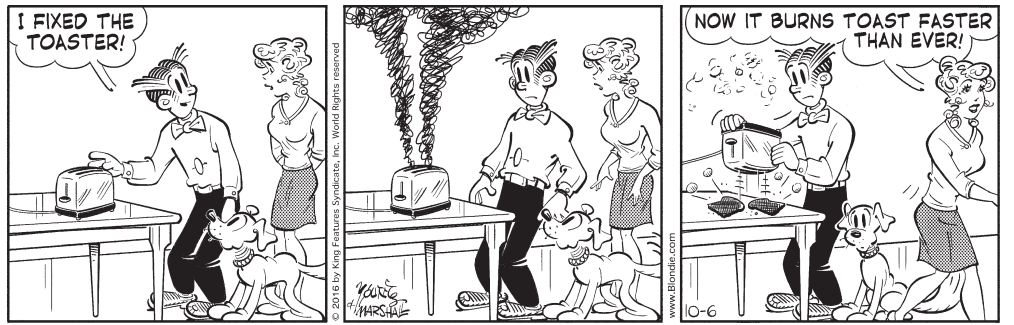
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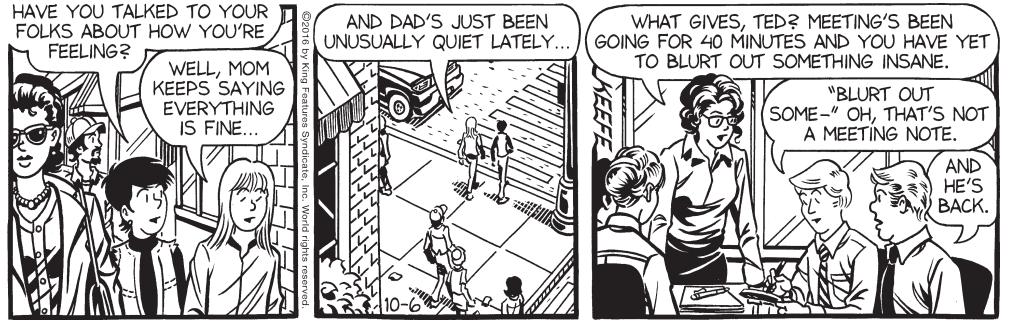
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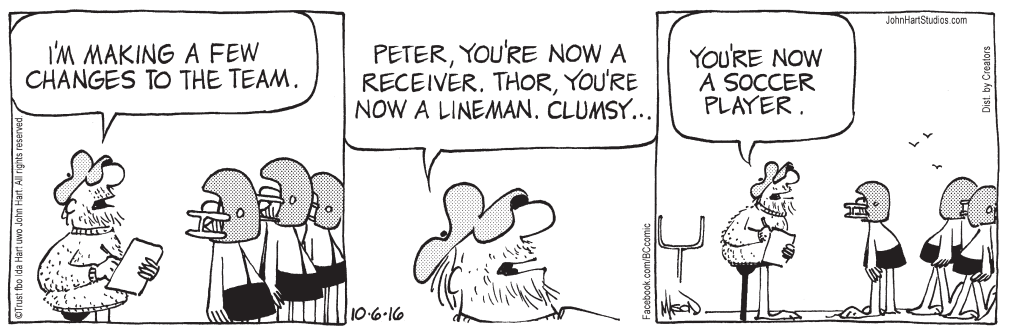
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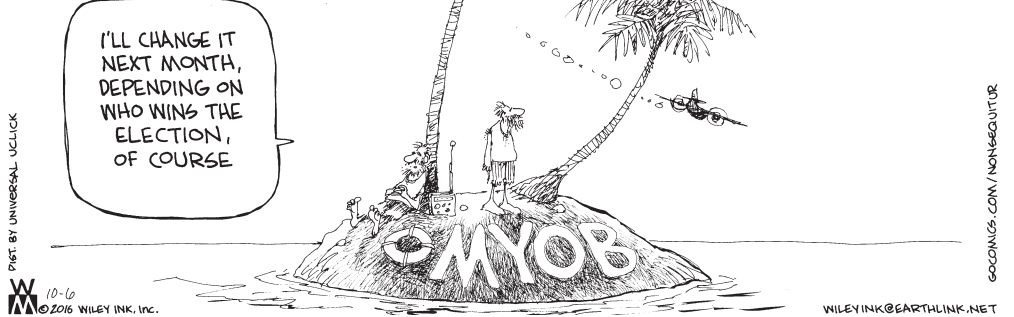
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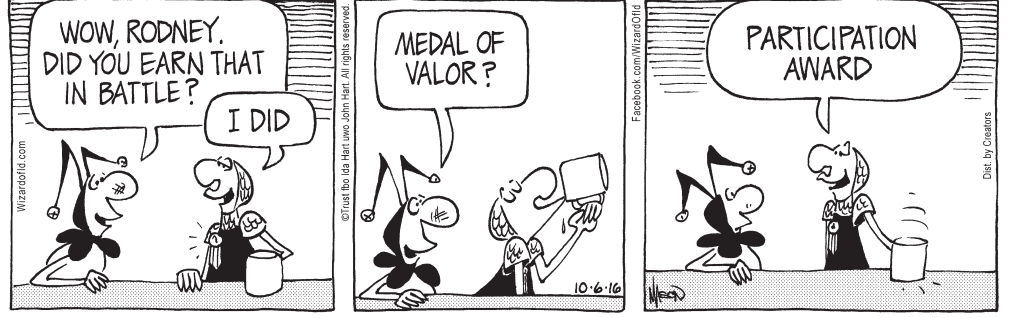
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