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Mental Health Minute

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A recent poll showed that 18% of U.S. adults are currently experiencing or being treated for depression. The poll identified financial strain, loneliness and social disconnect as the main reasons.

Depression can show up in many ways, and it's important to recognize the signs early. Common symptoms include:

- Persistent sadness
- Loss of interest in activities once enjoyed
- Changes in appetite or sleep patterns
- Fatigue and difficulty concentrating.

If you or someone you know is experiencing any of the above symptoms, seeking professional support is a crucial step toward feeling better. Practices that can help with depression include:

- Grow - Engage in continuous learning, whether it's professional development, creative hobbies or personal enrichment, intellectual growth provides emotional support.
- Adapt - Embrace change with flexibility. Adjusting to new roles, technology and workflows with a positive mindset enhances resilience.
- Give - Acts of generosity, such as mentoring, volunteering or simply offering support, can build a sense of purpose and community.
- Connect - Meaningful connections with colleagues, friends and family are essential to emotional well-being.

If you or someone you know is struggling emotionally, please call 988 to seek help. Attached is more information that can help you recognize the possible risk factors and warning signs for someone who is hurting emotionally as well as steps you can take to help someone in emotional pain.

Again, please call 988 if you need someone to talk to or if someone you know needs help!