



All About PD: Mental Health

Mood symptoms are common in Parkinson's disease (PD).
Learn the causes, signs and what to do. **You are not alone.**

Up to **50%** of people with PD experience depression or anxiety.

Understand the Causes

The same brain chemicals that affect movement in PD can also impact emotions. Other factors, like genetics, stress, lifestyle and coping with PD, can also play a role.

Know the Signs

Feeling sad, anxious or unmotivated from time to time is normal. If these feelings last or interfere with daily life, reach out for help.

Depression, anxiety and apathy, if not managed, can worsen movement symptoms and impact quality of life.



DEPRESSION

Ongoing sadness, loss of pleasure, low energy, hopelessness



ANXIETY

Excessive worry, fear or stress, restlessness, irritability



APATHY

Lack of motivation, disinterest in activities once enjoyed

Call or text **988** if you're in crisis.

What You Can Do



Talk to your doctor

There are options to help, including talk therapy and medications.



Keep moving

Even just 30 minutes of moderate activity, like walking or yoga, boosts brain chemicals that help reduce stress, anxiety and depression.



Seek support

Reach out to friends, family, counselors, support groups and other resources. For guidance, contact our **Helpline at 1-800-4PD-INFO (1-800-473-4636).**



Stay engaged

Schedule time to connect with others and look for ways to get involved. Even when you don't feel like it, staying active can improve your mood over time.

For more tips to support your mental health, visit Parkinson.org/MentalHealth.