

WHAT YOU SHOULD KNOW ABOUT DEPRESSION



DEPRESSION is a mood disorder that causes a persistent feeling of sadness and loss of interest. Symptoms of Depression may lead to major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy or both.

SYMPTOMS

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest
- Low self esteem
- Hopelessness
- Physical aches and pains

CAUSES

- Genetics
- Trauma
- Life circumstances
- Brain structure
- Other medical conditions (including sleep disturbances, mental illness, chronic pain, anxiety, attention-deficit hyperactivity disorder (ADHD) , and substance use disorder

WHEN TO SEEK HELP To be diagnosed with depression, a person must have experience the following symptoms: loss of interest in activities, change of appetite or weight, sleep disturbances, feeling agitated, fatigue, feelings of low self-worth, difficulty concentrating, suicidal thoughts or intentions. Symptoms of depression may last days, weeks, months, or even years.

WHAT YOU CAN DO Although depression can be debilitating, it often responds to treatment. The key is to get a specific evaluation and a treatment plan. Treatment can include any one or combination of: medications, psychotherapy, brain stimulation therapies, light therapy, exercise, self-management and education, mind/body/and spirit approaches