

DEPRESSION

What you need to know

Signs and Symptoms

- Excessive sadness or irritability
- Feeling inadequate or worthless
- Loss of interest
- Difficulty experiencing pleasure
- Lack of mood reactivity
- Sensitive to criticism
- Changes in sleeping and/or eating patterns
- Trouble concentrating
- Lack of energy / fatigue
- Complains of aches & pains
- Suicidality

More than Sadness:

Depression is...
More intense
Lasts longer
Interferes with everyday life
(work, relationships, etc.)

Some helpful things to remember:

- Depression is like diabetes — the person can't just "wish it away" — they must be treated.
- Depression can occur once or it can re-occur throughout the person's lifetime.
- Depression can be seasonal, occurring when there is less available sunlight.
- Depression can affect anyone — it is considered "the Common Cold of Mental Illness."
- Depression *is* treatable.

Fact or Fiction?

- 1.) People who are depressed want to sleep all the time.
- 2.) Less than 10% of people with depression also have an Anxiety Disorder.
- 3.) Stress can trigger Depression.
- 4.) Anger and hostility can be symptoms of Depression.
- 5.) Depression is a Mood Disorder so it has no physical symptoms.

Answers below

To Learn More:

National Institute of Mental Health (NIMH): <http://www.nimh.nih.gov/publicat/index.cfm>
National Mental Health Association (NMHA): <http://www.nmha.org>

1.) Fiction — 90% experience insomnia—trouble falling or staying asleep 2.) Fiction — the number is closer to 50% 3.) Fact — Depression is one of the many complications of chronic stress 4.) Fact — Sadness is not the only emotion associated with Depression — in many it manifests as irritability & anger 5.) Fiction — Depression has many physical symptoms, including fatigue & pain.