

If you're feeling suicidal, don't hesitate to call 911, or go to an urgent care center or hospital emergency room for immediate assistance.

### KEEP IN MIND

You're not alone, and help is available. Accurate diagnosis and effective treatment will help you overcome.

Consider reaching out to your health care provider and engaging other counseling resources for guidance on next steps.

*What steps will you take today to be well and live life more fully?*



Depression  
Mental Health

# Depression

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WELL-BEING BEGINS HERE

Sadness comes and goes,  
but **DEPRESSION** can  
grind your life to a halt.

*Imagine for a moment how much more enjoyable  
and productive life might be in the absence of  
overwhelming symptoms of depression.*

Everyone feels sad or down sometimes. For many people, these feelings will disappear or fade after a few days; however, depression is different. It impacts your daily life, and you can't simply snap out of it.

### TYPES AND SYMPTOMS OF DEPRESSION

Depression looks different for everyone. One person may appear sad or hopeless and another might be persistently irritable and anxious. The *Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association, 2013)* classifies depression as follows:

- **Major Depressive Disorder** – This diagnosis describes a person who experiences severe depressive symptoms that impact his or her daily functioning. Although only one episode is necessary for a diagnosis, a person may have multiple occurrences throughout their lifetime. Symptoms include:
  - Feeling sad, anxious, or hopeless
  - Losing interest in once pleasurable activities
  - Lacking energy
  - Feeling guilty and/or worthless
  - Having difficulty concentrating
  - Overeating or loss of appetite
  - Increased sleeping or insomnia
  - Contemplating or attempting suicide

- **Persistent Depressive Disorder** – When a person suffers from a depressed mood or symptoms for two or more years they are diagnosed with a persistent depressive disorder. These symptoms may not be as severe as those associated with major depression.

### CAUSES OF DEPRESSION

There are times when a person may become depressed without any attributable cause. However, most researchers agree that genetic, environmental, biological, and psychological factors all contribute.

### ACTION STEPS

If you or someone you know is struggling with depression consider the following:

- ✓ Schedule an appointment for a check-up with your primary care provider.
- ✓ Seek out individual counseling or support groups.
- ✓ Do your best to be active and exercise.
- ✓ Make small, attainable goals for yourself.
- ✓ Try to spend time with others and avoid isolation. Allow others to help you.
- ✓ Give yourself time and grace. Expect your mood to improve gradually.
- ✓ Postpone making important life decisions.
- ✓ Connect with family and friends and share your thoughts, feeling and concerns.