

DEPRESSION

TALKING ABOUT DEPRESSION ISN'T ALWAYS EASY. SOMETIMES PEOPLE HIDE OR AVOID THEIR SYMPTOMS BECAUSE THEY FEEL ASHAMED, OR THEY MAY NOT WANT THEIR FAMILY TO WORRY.

DEPRESSION IS A COMMON, YET SERIOUS MENTAL HEALTH CONDITION, BUT IT ONLY GETS WORSE IF IGNORED. IF YOU FEEL DEPRESSED OR HAVE A LOVED ONE EXPERIENCING SYMPTOMS OF DEPRESSION, IT'S IMPORTANT TO SEEK HELP FROM A TRAINED PROFESSIONAL AS SOON AS POSSIBLE.

Depressive Disorders can have many symptoms. Some of these may include:

- Irritability or frustration
- Changes in activity level
- Insomnia or sleeping more than usual
- Changes in appetite and/or weight
- Concentration & memory issues
- Headaches & other physical issues
- Suicidal thoughts

There are many different Depressive Disorders including:

- Major Depressive Disorder (MDD)
- Seasonal Affective Disorder (SAD)
- Dysthymia/Persistent Depressive Disorder (PDD)
- Premenstrual Dysphoric Disorder (PMDD)
- Atypical Depression
- Bipolar Disorder

Treatment for Depressive Disorders may include:

- Medication Management
- Therapy
- Lifestyle changes
- Coping skills
- Combination of the above

IF YOU OR A LOVED ONE ARE EXPERIENCING SUICIDAL THOUGHTS, CONTACT THE NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-8255 FOR SUPPORT AND ASSISTANCE FROM A TRAINED COUNSELOR. IF YOU FEEL THERE IS A MORE IMMEDIATE DANGER, CALL 911.

