



Recognizing depression



What is depression?

Depression is a common and serious mental health disease. It is not simply a case of sadness that goes away after a while.

With depression, you may feel angry or sad most of the time. This can make it difficult to do normal, everyday things. But you can likely manage depression with the right care.



What does it feel like?

Depression affects people in different ways. Have you noticed any of these **common symptoms of depression**?



Emotional

- Losing interest in things you used to enjoy
- Feeling sad or hopeless
- Feeling worthless or guilty



Physical

- Feeling agitated, restless, or having trouble sitting still
- Eating more or less than usual
- Sleeping more or less than usual
- Feeling tired or lacking energy



Mental

- Having trouble concentrating or remembering things
- Sometimes thinking about death, dying, or suicide
- Having trouble making decisions

What causes depression?

Depression can happen to anyone. You may feel unhappy, but not know why. You may have symptoms that are more severe, like thoughts of suicide. **Here are some possible causes of depression.**



Brain

Physical or chemical changes to the parts of your brain that are linked to your mood may cause depression.

Hormones

Depression can be caused by chemical changes within your body as a result of other conditions.

Family history

You are more likely to have depression if you have family members with depression.

Life events

Certain stressful events, such as the death of a loved one or a childhood trauma, may make you more likely to have depression.



If at any time you feel like giving up or feel that you might hurt yourself, take action. Call 911, call your healthcare provider, or go to the emergency room right away.

You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Talking with your healthcare provider

Depression can be difficult to talk about. You may be worried that other people will react negatively toward you. But getting the care you need comes from starting the conversation. Take the first step. Talk to your healthcare provider about finding a mental health counselor.

Fill out this worksheet with your healthcare provider.

Together, you can find ways to help manage your depression.



1 I've noticed these changes in my mood:

2 This is how often these changes happen:

3 This is why it bothers me:

4 This is how I've tried to help my mood:

Other questions for your healthcare provider:



Check out these resources

For more information about depression or how to find help, call or visit:

Depression and Bipolar Support Alliance

dbsalliance.org

1-800-826-3632

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

1-800-273-8255

Families for Depression Awareness

familyaware.org

1-781-890-0220

Notes

