

Are you DEPRESSED?

Most people feel depressed at some point in their lives, but if the feeling lasts for more than 2 weeks it could be clinical depression. But the good news is that 80% of people with clinical depression can be treated successfully.

Signs & Symptoms of Depression

- ◆ A persistent sad, anxious or “empty” mood
- ◆ Loss of interest or pleasure in ordinary activities
- ◆ Decreased energy, fatigue, feeling “slowed down”
- ◆ Sleep problems (insomnia, oversleeping, early-morning waking)
- ◆ Eating problems (loss of appetite or weight, weight gain)
- ◆ Difficulty concentrating, remembering, or making decisions
- ◆ Feelings of hopelessness
- ◆ Thoughts of death or suicide; a suicide attempt
- ◆ Irritability
- ◆ Excessive crying
- ◆ Recurring aches and pains that don’t respond to treatment



People who are most at risk for depression are:

- ◆ Those who live alone or are socially isolated
- ◆ People who have a physical illness
- ◆ People who have recently lost a loved one
- ◆ Those who have a previous history of depression or have attempted suicide
- ◆ Women
- ◆ Those who have a family history of depression

Causes of Depression

- ◆ **Other illnesses like stroke, cancer, diabetes, and Parkinson's disease**
- ◆ **Medications - certain drugs can have depression as a side effect or interact with other drugs**
- ◆ **Genetics and Family History - depression often runs in families**
- ◆ **Personality - people with low self-esteem or are very dependent seem vulnerable to depression**
- ◆ **Life Events - death of a loved one, divorce, moving to a new place, money problems, or people without social support**

Help is out there...

A recent study done at Duke University Medical Center found that exercising 3 times a week could help more than medications to relieve depression.

Mental health specialists can prescribe anti-depressant drugs and help you with a plan of treatment.

Family physicians and clinics can provide treatment or make referrals to mental health specialists.

Hospitals and university medical schools in our area often have studys that can help treat depression.

If you have any questions or concerns you can contact the Granville-Vance District Health Department at:

919-693-2141 or 252-492-7915