



What is Depression?

Depression is a common, but serious, illness that involves intense feelings of sadness that lasts for days, weeks, or even months. These feelings may interfere with your daily life and functioning. Many people that have this illness never seek treatment or diagnosis.

The three most common disorders of depression are **major depressive, dysthymic, and adjustment disorder with depressed mood**. Doctors who treat depression call the more severe, short-lasting type major depression, and the longer-lasting but less severe form, dysthymia. The third form of depression - adjustment disorder with depressed mood - refers to the reaction of a specific life changing event, such as the death of a loved one, that takes longer to adjust to and interferes with the individual's daily life skills and activities.

Other types of depression include situational depression and postpartum depression. Situational depression is the least severe, and often does not require treatment. Postpartum depression, found in many women who have recently given birth, can last for weeks. However, symptoms that last longer and are more intense in nature require additional intervention. Another form of depression is SAD, or Seasonal Affective Disorder, is a cyclic depression that occurs during specific times of the year, often in the winter during the "darker" months.

Symptoms of depression may include feelings of emptiness and anxiousness, suicidal thoughts, irritability, loss of interest in daily activities, decreased energy and fatigue, insomnia or hypersomnia (excessive sleeping), physical ailments such as headaches or other muscle aches, aggression, attention-deficit, feelings of guilt or worthlessness, and/or withdrawal from others. The severity, frequency, and duration of the symptoms vary by individual. People with depression do not all experience the same symptoms and outcomes. Children who suffer from depression may have trouble in school.

What Causes Depression?

Depression can result from a combination of biochemical, genetic, psychological, and environmental factors. Research indicates that the parts of the brain responsible for regulating behavior, mood and sleep appear to function abnormally resulting in depressive illness.

Traumatic life-changing situations, such as losing a loved one, divorce, or loss of employment, can trigger a depressive episode.

It is suggested that 8% of the U.S. population suffers from a form of depression. Depression also affects 1 in 8 teenagers.

What Treatments Are Available?

Early intervention is an effective strategy, along with pharmacological treatments and/or other behavioral health treatment such as counseling. Even in the most severe cases, depression is considered to be a highly treatable disorder.

One of the approaches used within our clinics to treat depression is Dialectical Behavior Therapy (DBT). We invite you to contact any of our four outpatient locations to learn more about our DBT groups.

Our Clinical Team and Outpatient Team can support you during this difficult time. It is important to know the warning signs of depression, as well as the frequency, duration, and severity of troubling behaviors. We encourage seeking a diagnosis and treatment if depression affects you or your loved one. You do not have to go through this alone.

What would you attempt to do if you knew you could not fail?

Information brought to you by Family Behavioral Resources

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