

Know the Symptoms of Depression

Signs and Treatment Options



Everyone feels down at times. The blues are a natural part of life. But an unhappy period that's intense or lasts for more than a few weeks is different. It can be a sign of depression. Depression is a serious illness. It's not a sign of weakness. It's not a character flaw. And it's not something you can just snap out of. Most people with depression need treatment to get better. Depression can disrupt the lives of family and friends. If you know someone who maybe depressed, find out what you can do to help.

Symptoms of depression

- Feel unhappy, sad, blue, down, or miserable almost every day
- Feel helpless, hopeless, or worthless
- Lose interest in hobbies, friends, and activities that used to give pleasure
- Not sleep well or sleep too much
- Gain or lose weight
- Feel low on energy or always tired
- Have a hard time focusing or making decisions
- Lose interest in sex
- Have physical symptoms, such as stomachaches, headaches, or backaches

Know the serious signs (cont. on next page)

Never ignore a person's comments about suicide. Or behaviors that can lead to self-harm.



Know the serious signs (cont.)

Warning signs for suicide include:

- Threats or talk of suicide. Talk of harming themselves or others.
- Saying things such as "I won't be a problem much longer" or "Nothing matters."
- Giving away their things. Or making a will or funeral plans.
- Buying a gun or other weapon.
- Sudden, unexplained cheerfulness or calm after a period of depression.

If you see any of these signs, get help right away. Call a healthcare provider, mental health clinic, or suicide hotline. Ask what you should do. In an emergency, call 911.

Resources:

- National Institutes of Mental Health 866-615-6464 www.nimh.nih.gov
- National Alliance on Mental Illness 800-950-6264 www.nami.org
- Mental Health America 800-969-6642 www.nmha.org
- National Suicide Hotline 800-784-2433 (800-SUICIDE)
- National Suicide Prevention Lifeline 800-273-8255 (800-273-TALK) www.suicidepreventionlifeline.org

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1-866-946-4458 (TTY 711)

8 a.m. to 8 p.m., 7 days a week, Oct. 1-March 31

8 a.m. to 8 p.m., Monday-Friday, April 1-Sept. 30

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