

DEALING WITH DEPRESSION



Depression is a medical disorder with a biological or chemical basis that affects thoughts, moods, feelings, behavior and physical health. Depression may occur with no identifiable cause or be triggered by a life event. Depression affects more than 18 million Americans of all ages and races and may occur only once or may be a chronic condition.

SYMPTOMS OF DEPRESSION

The symptoms of depression vary between people both in the symptoms experienced and degree of the symptoms. The symptoms of depression in adults include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feeling restless or having trouble sitting
- Appetite and/or weight loss
- Fatigue, loss of energy
- Feelings of worthlessness or excessive guilt
- Trouble thinking, concentrating or making decisions
- Recurring thoughts of death or suicide/ suicide attempts

WHEN TO SEEK HELP

If you lose interest in once enjoyable activities, feel sad, helpless, tired or worthless, and your eating or sleeping habits change, contact BHS to schedule an appointment for an assessment to determine if you have depression. If you know someone that exhibits these symptoms, encourage them to seek medical attention.

QUESTIONS TO ASK

- How are you coping with what’s been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about hurting yourself?
- Are you thinking about suicide?
- Have you ever thought about suicide before, or tried to harm yourself before?
- Have you thought about how or when you’d do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

SUICIDE PREVENTION LIFELINE

If you or someone you know may be struggling with suicidal thoughts you can call the [National Suicide Prevention Lifeline](https://www.suicideline.org/) at 800-273-TALK (8255) any time of day or night or chat online.