

Understanding Depression

Depression:

- Is **not** a case of the blues
- Is **not** something you can “snap out of”
- Is **not** weakness

Depression:

- *Is a medical illness that...*
 - Changes the way you feel , think and act
 - Requires ongoing treatment just like diabetes or high blood pressure
 - Affects 1 in 5 people in the U.S. from all races, ages, genders and socio-economic levels
- *Is caused by...*
 - Genetics and family history. People with depressed family members are more likely to be depressed than those who don't.
 - Changes in the brain where chemicals called neurotransmitters can be out of balance
 - Stressful life events like other health problems, death of a loved one, financial struggles, job changes
- *May...*
 - Look different in every person
 - Have symptoms like
 - Pain
 - Headache
 - Weight gain/loss
 - Problems sleeping
 - Fatigue
 - Hard time concentrating
 - Not enjoying things you use to enjoy
 - Feeling unhappy or even miserable
- *Is treatable...*
 - With treatment, most people feel better
 - Partner with friends and family to see how depression is affecting you
 - Share these thoughts with your care manager who will work with you to create a treatment plan that fits you best