

Understanding Depression

Depression is not:

- A case of the blues
- Something you can “snap out of”
- 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. including people of all races, ages, genders and socio-economic levels
 - Treatable- with treatment, most people feel better
- *Is caused by...*
 - Genetics and family history.
 - 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
- *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...*
 - Partner with friends and family to note how depression is affecting you
 - Share these notes with you healthcare provider who will work with you to create a treatment plan that fits you best