

Forms of Depression

Depression takes on many different faces. While some people may experience one feeling, another person might feel something completely different.

The most common form of depression is called major depression. But there are other types of depression that have their own unique signs, symptoms and treatment.

Major depression is characterized by a combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities. It can prevent you from functioning normally.

Chronic depression is another common form of depression. It is characterized by long-term (more than 2 years) depressed mood. It is less severe than major depression and typically does not disable the person.

Where can you find HELP?

If you or someone you know is suffering from depression, don't keep it in.

Talk to someone you trust and get help.

Talk to Someone

Find someone you trust—whether it be a friend, a parent, a teacher, a guidance counselor, or a community member—and talk about it.

Medical treatments are available to treat depression, but in order to get those treatments you first have to ask for help.

Depression carries a high risk of suicide. Anybody who expresses suicidal thoughts or intentions should be taken very, very seriously.

Do not hesitate to call your local suicide hotline immediately.

Call 1-800-SUICIDE (1-800-784-2433)

or

1-800-273-TALK (1-800-273-8255)

Depression



Signs of Depression

According to the National Institute of Mental Health, signs of depression may include the following:

- ◇ Difficulty concentrating, remembering details, and making decisions
- ◇ Fatigue and decreased energy
- ◇ Feelings of guilt, worthlessness, and/or helplessness
- ◇ Feelings of hopelessness and/or pessimism
- ◇ Insomnia, early-morning wakefulness, or excessive sleeping
- ◇ Irritability, restlessness
- ◇ Loss of interest in activities or hobbies once pleasurable
- ◇ Overeating or loss of appetite
- ◇ Persistent aches or pains, headaches, cramps, or digestive problems that do not cease even with treatment
- ◇ Persistent sad, anxious, or “empty” feelings
- ◇ Thoughts of suicide, suicide attempts

Treating Depression

- ◆ When medically diagnosed with depression, doctors can prescribe drugs to help patients cope with their depression.
 - ◆ Often times the problem is an imbalance of hormones (called serotonin) in the brain.
- ◆ Therapy is another way to help treat depression.
 - ◆ There are various forms of therapy available.

If depression is not debilitating, a person can help cope without treatment. The following is a list of things a person can do to fight away “the blues”:

- ⇒ Learn new skills
- ⇒ Listen to music
- ⇒ Watch uplifting movies
- ⇒ Read a book or magazine
- ⇒ Go for a walk
- ⇒ Clean up around the house
- ⇒ Dance to your favorite songs
- ⇒ Surf the web
- ⇒ Talk to someone

Forms of Depression (cont.)

Atypical depression is a type of depression that can have some symptoms that are similar to those of major depression, but it does not have the number of symptoms needed for a diagnosis of major depression. Atypical depression usually includes symptoms like overeating, oversleeping, fatigue, extreme sensitivity to rejection, and also moods that worsen or improve in direct response to events. Regular depression, on the other hand, tends to be marked by pervasive sadness.

Seasonal depression is a form of depression that occurs each year at the same time. It usually starts in the fall or winter and ends in spring or early summer. It is more than just “the winter blues” or “cabin fever.”

The other common forms of depression not mentioned here are Bipolar depression, Psychotic depression and Postpartum depression.