

Learn to recognize depression's symptoms

Thoughts, behaviors and feelings, both emotional and physical, can all point to the presence of depression.

Feelings:

- Sadness, hopelessness
- Moodiness, angry outbursts
- Losing interest in friends, family or favorite activities, including sex
- Restlessness or irritability

Thoughts:

- Trouble concentrating or making decisions
- Thoughts of or attempts to harm yourself

Behaviors:

- Withdrawing from people
- Difficulty with alcohol or other drugs
- Missing work, school or other commitments

Physical problems:

- Tiredness or lack of energy
- Unexplained aches and pains
- Weight loss or weight gain
- Changes in sleep patterns

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www.depressioncenter.org

Could this be depression?



Get the facts.
Start the conversation.



What is depression?

**It's not just a bad mood.
Or a case of "the blues."**

Depression is more than just feeling "down." It is serious illness caused by a chemical imbalance in the brain. Research tells us that other factors may also contribute to the onset of depression, including genetics, changes in hormone levels, certain physical ailments, stress, grief or difficult life circumstances. Any of these factors alone or in combination can bring about the specific changes in brain chemistry that lead to depression's many symptoms.

It is estimated that 21% of women and 12% of men in the U.S. will experience an episode of depression at some point in their lifetime.

Depression is not a sign of weakness. It's an illness requiring medical attention. Safe, effective treatments are available to help those who suffer from depression feel and function better.



Could you be suffering

Start with these questions:

1. *Have you lost interest or pleasure in doing things?*
2. *Have you been feeling down, depressed or hopeless?*



Experiencing one or both of these once in awhile is not usually a cause for concern. However, if you answered “yes” to either of these questions and have felt this way on *several days during the past two weeks*, depression may be a problem for you.

Share your concerns with a professional.

It can be difficult to talk about your feelings, even with your doctor. But speaking honestly with a professional is an important step in charting your own course to feeling and functioning better. If you think you may be suffering from depression, talk to your healthcare provider today, or make an appointment soon to discuss your concerns. **Depression is as important as any other problem you might discuss with a doctor.**

Feeling at a loss for words? Here are some conversation starters you might try:

“Lately, I just don’t feel like myself.”

“I have some aches and pains I just can’t explain.”

“A friend told me he thought I might be depressed.”

“I haven’t been sleeping well lately.”

“Could I possibly have depression?”

from depression? You’re

not alone.

Depression can make you feel like the loneliest person in the world.

But you don’t have to face depression on your own. Real answers and real help are closer than you think.

Talk about it. Discuss your concerns with your healthcare provider. This brochure can help you prepare for that conversation.

Educate yourself. Learn more about depression’s causes and symptoms, and about the treatments available. Answers are just a click or a call away:

Visit www.depressioncenter.org

Trust the University of Michigan for reliable online information. Whether or not you ever visit us in person, the University of Michigan Depression Center is here for you. Our experts have created a comprehensive online toolkit that provides information about depression and proven tools for managing its symptoms.

Dial 211.

To find more helpful resources in your area, simply dial “2-1-1.” This is a free informational service offered by the United Way. Trained operators are available 24 hours a day in most areas to help you address your concerns about depression and access services in your community.