

DEPRESSION



What is Depression?

Everyone feels sad sometimes or grieves after a loss. Minor ups and downs in emotions are normal. Depression is more than that. Symptoms can occur most of the day, nearly every day for at least two weeks.

Depression can affect your thoughts, feelings, physical health and behavior every day. It's not something you can just get over. There are several types of depression. Major depression or clinical depression is probably the best known type.

Many people with depression can get relief with medications. These medications do not work instantly and can take up to eight weeks before you notice a difference. The sooner you get help for your depression the sooner you will feel better.

Call Landmark first. We answer 24/7.

We are available for urgent visits or to provide support over the phone. Call us if you:

- experience any of the symptoms listed to the right that do not resolve, or a worsening of symptoms,
- think there are any problems with your medication, even if they seem minor, or
- have any questions or concerns.

Symptoms

Many factors can contribute to depression including family history, certain medications, drug or alcohol use, extreme stress or grief and other behavioral/mental health disorders. To determine if you are depressed, examine how you feel and discuss your concerns with your doctor.

Symptoms of depression can vary. You may have some or all of the following:

- Persistent feelings of sadness or hopelessness; feelings of worthlessness or inappropriate guilt
- Restlessness, irritability, excessive crying, anxiety
- Sleeping too much or too little
- Loss of interest or pleasure in activities you used to enjoy
- Weight gain or weight loss
- Fatigue or lack of energy
- Difficulty concentrating while reading or watching TV
- Thoughts of harming yourself

Screening For Depression

Your doctor or behavioral health provider might ask you to answer some questions to determine if you might be depressed. It is important to answer the questions honestly, so your care team can provide you with the appropriate resources and supports to help you feel better.

Steps to Reduce Depression

There are many simple activities that you can do to help lift your spirits and start each day with a positive mindset.

- Don't blame yourself. Be as kind and patient with yourself as you would be to a good friend.
- Focus on the positive. Start a gratitude journal, listing five things per day that went well for you or that you are thankful for and review it often.
- Eat well! A majority of the body's serotonin (a chemical messenger that is believed to act as a mood stabilizer) comes from the intestines or bowels. A healthy, well balanced diet can increase serotonin and help boost mood.
- Remain physically active. Exercise is known to release endorphins or "feel good" chemicals from your brain.

Monitoring and Managing Symptoms

- Take all medications as prescribed and directed. Never change medications or skip doses.
- Keep your follow-up appointments with your behavioral health specialist or Landmark provider, even if you're feeling well. Continued monitoring is very important!

National Suicide Prevention Lifeline: 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or loved ones, and best practices for professionals.

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MILLION

17.3 million adults in the United States had at least one major depressive episode, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).