



BEHAVIORAL HEALTH SYSTEM

**800-831-1700**

## Understanding Depression *What Is Depression?*

Being unhappy is not the same as being depressed. The term "depression" is sometimes used when someone describes how they feel after a bad breakup or a bad week at work or school. Depression is defined as an illness when it persists. Major Depressive Disorder is a type of depression that is much more complicated. It is a mental health disorder characterized by a persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.



## *Symptoms in Adults*

- Feeling hopeless or worthless
- Losing interest in favorite activities
- Avoiding social situations
- Increased fatigue
- Changes in sleep patterns
- Anxiety
- Irritability
- Changes in appetite and weight
- Mood swings
- Memory issues
- Changes in personality
- Physical aches and pains
- Loss of interest in sex
- Suicidal thinking or feelings

## *Symptoms in Children*

- Persistent sadness
- Irritability
- Clinginess
- Worry
- Aches and pains
- School refusal
- Being underweight

## *Symptoms in Teens*

- Sadness
- Irritability
- Feeling worthless
- Anger
- Poor school performance and/or attendance
- Feeling misunderstood
- Extreme sensitivity
- Using recreational drugs/alcohol
- Disturbed eating/sleeping patterns
- Self-harm
- Loss of interest in normal activities
- Avoiding social interaction

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## *Risk Factors*

A history of depression in the family, a death or loss in the family, conflict with family/friends and/or a history of physical, sexual or emotional abuse can lead to the onset of depression. Significant life events such as a marriage, a new job/lost job, retirement or new baby can also cause depression, and other illness such as sleep problems, chronic pain, ADHD or anxiety may lead to one becoming depressed.

## *Getting Help for Depression*

Treatment for depression is most effective when started early. If any of the previously mentioned symptoms last longer than two weeks, a person may be suffering from Major Depressive Disorder. A physician can help determine next steps that may include medications, therapy or both.



*Compassionate behavioral  
healthcare for adults,  
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Call us today for a no-cost  
confidential assessment at  
**800-831-1700.**

**Gulfport**

BEHAVIORAL HEALTH SYSTEM

*HOPE* STARTS HERE.

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