

Recognizing *Depression*

Depression is serious but can be treated. More than a blue mood, depression can change thoughts, feelings, and actions, and also how your body feels. Depression is a disease, and it takes more than “toughening up” to manage it. Without treatment, symptoms can last for months, years or one’s whole life. Depression can also make other serious diseases worse or more likely to occur.

The signs of depression

Check the box(es) next to any of the symptoms you feel.

- Sadness for longer than two weeks
- Irritability
- Frequent crying
- Fatigue
- Guilt, worthlessness or helplessness
- Thoughts of death or suicide, or suicide attempts
- Chronic aches and pains that don’t feel better with treatment
- Eating problems (loss of appetite or weight, or weight gain)
- Difficulty concentrating, remembering or making decisions
- Loss of interest or pleasure in activities
- Problems sleeping (insomnia, early-morning waking or oversleeping)

When should you seek help?

Call your EAP or talk to your primary care doctor if you have been feeling any of the above signs of depression for more than two weeks, or if they are hurting your work

or family life. You can use the checklist as a starting point with your doctor or EAP for identifying depression. A good diagnosis involves a total physical checkup and review of your family’s health history.

Depression often coexists with other medical, psychiatric or substance abuse disorders. In those cases, depression is often not treated or even recognized. Even when depression occurs with other problems, it can usually be treated. The effective treatment of depression often seems to help other conditions to respond better to treatment as well.

Remember, depression is a disease. Seeking help is not a sign of weakness, but strength. With the proper treatment, depression doesn’t have to keep you from living the life you want.

If you have serious thoughts of suicide, call your local emergency number right away or go to your hospital emergency room.

Need help?

Call toll-free, 24 hours a day, seven days a week:

1-866-EAP-4SOC | 1-866-327-4762

TTY users should call 1-800-327-0801.

Or visit us at: eap4soc.mhn.com and register with the company code: soc