

Depression



What is depression?

Depression (also known as Major Depressive Disorder) is a serious mood disorder that affects a person's thoughts, emotions, and ability to function.

Depression affects people of all ages and can be caused by a number of circumstances including genetic and neurobehavioral factors, as well as experience of stress and loss.

What are signs and symptoms of depression?

- Feeling sad or irritable
- Loss of interest in enjoyable activities
- Feelings of hopelessness, worthlessness, and guilt
- Difficulties sleeping or sleeping too much
- Changes in appetite that may lead to changes in weight
- Feeling tired or fatigued
- Difficulties with concentration or memory
- Body aches and pains (e.g., stomach aches, headaches)
- Withdrawing or isolating from social interactions
- Thoughts of suicide or suicidal attempts

How is depression treated?

Psychotherapy

Therapy can help improve depression by teaching effective coping strategies for dealing with the emotional and behavioral impacts of depression. Cognitive behavioral therapy (CBT) is a particular evidenced-based therapy intervention that teaches people more effective ways of thinking and behaving to improve mood and other symptoms.

Medication

Antidepressant medication may help treat symptoms of depression. Medication may take several weeks to become fully effective, but many will notice symptom improvement before that. As with any medication, antidepressants may cause side effects in some people. Always be sure to talk to your doctor about your symptoms and any side effects to determine the best treatment option for you.

Depression

How can I help myself or my loved one?

DO

- ✓ Reach out to others for support and encouragement.
- ✓ Listen and offer words of hope and encouragement.
- ✓ Eat a balanced diet and exercise.
- ✓ Keep routines and schedules as normal as possible but ensure not to “overdo” things.
- ✓ Take thoughts or comments about suicide seriously and get help immediately (see below).

DON'T

- ✗ Isolate yourself or ignore someone who may be depressed.
- ✗ Assume that you understand what someone else is going through.
- ✗ Avoid regular activities or exercise.
- ✗ Engage in negative coping behaviors (e.g., substance use).
- ✗ Ignore or downplay thoughts and comments about suicide.

What do I do if I need help now?

If you or someone you know is in crisis, get help immediately:

- Call your doctor and/or mental health professional
- Go to the nearest hospital or emergency room
- Call 911
- Call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK or (1-800-273-8255)

Who do I contact to find out more?

Referrals for therapy and medication management can be made by physicians, mental health professionals, other allied health professionals, or from the patient or family directly. Please contact us as listed below for more information.



Mind Health Institute, Newport Beach

450 Newport Center Drive, Suite 380 • Newport Beach, CA 92660
949-891-0307 • www.mhi-nb.com

Mind Health Institute, Laguna Beach

361 Forest Avenue, Suite 205 • Laguna Beach, CA 92651
949-391-4669 • www.mhi-lb.com