

DEPRESSION

According to the National Institute for Mental Health, nearly 12 percent of women and 7 percent of men suffer from depression. Unfortunately, almost two thirds of those afflicted go untreated. Depressed individuals are at risk of suffering from a depressive episode that could last for years, and having another depressive episode in the near future. They are also at high risk for suicide.

The good news is that most depressed persons respond well to treatment. Nearly 80% find relief from this disorder from medication, psychotherapy or a combination of the two.

So how do you know if you or someone you know is suffering from depression? Here are some common symptoms:

- *Persistent sad, anxious or "empty" mood
- *Feelings of hopelessness or pessimism
- *Feelings of guilt, worthlessness or helplessness
- *Loss of interest or pleasure in hobbies and activities that were once enjoyable
- *Decreased energy, fatigue; feeling "slowed down"
- *Trouble sleeping, early-morning awakening or oversleeping
- *Changes in appetite and/or weight
- *Thoughts of death or dying, wishing you were dead or suicidal thoughts or attempts
- *Restlessness or irritability
- *Persistent physical symptoms, such as headaches, digestive disorders, and chronic pain
- *History of substance abuse

It's normal to feel down in the dumps from time to time, but if these symptoms persist for more than two weeks, it's time to seek immediate attention. The licensed therapists at the Walter Young Center are here to help. Call (262)524-7335 to schedule an appointment.

Helpful link:

www.nimh.nih.gov/health/publications/depression-listing.shtml