

DEPRESSION BASICS

Depression is a mood disorder that may occur as a result of feeling overwhelmed by life's challenges, as a response to changes in season or circumstances, or as apparently random and unexpected. It can manifest differently for different individuals and may impact thoughts, feelings, and the ability to effectively manage daily activities/responsibilities. When depressed, people tend to focus more on the negative, stressful aspects of life rather than on what is positive and wonderful. This then interferes with their ability to feel joy from their experiences and relationships.

Symptoms of depression may manifest as emotional, physical, or a combination of both.

Here are some indications that you may be depressed:

- Chronic feelings of sadness, emptiness, or the inability to feel happiness
- Loss of interest/pleasure in previously enjoyable activities
- Lack of motivation or trouble keeping up with day-to-day responsibilities
- Irritability or restlessness
- Low self-esteem or self-worth
- Low energy and/or fatigue
- Insomnia or hypersomnia
- Reduced or overactive appetite; weight change
- Impaired memory, concentration, or decision-making
- Persistent pessimism and/or feelings of hopelessness or worthlessness
- Increased thoughts/considerations about death or suicide

SIGNS & SYMPTOMS

SUICIDE PREVENTION/ EMOTIONAL SUPPORT:

If you are depressed and experiencing suicidal ideation, you may feel isolated and/or ashamed of the intrusive thoughts. But you are not alone and there are free, confidential sources of support available to you. Support is also available to friends and family who are concerned about a loved one:

National Suicide Prevention Lifeline

1(800) 273-TALK (8255); 1(800) SUICIDE (784-2433)

<https://suicidepreventionlifeline.org/talk-to-some-one-now/>

Support for Moms with PostPartum Depression

1-800-PPD-MOMS 1(800) 773-6667

Support for Teens or Parents of Teens

(800) TLC-TEEN 1(800) 852-8336

Support for LGBTQ Youth

The Trevor Lifeline - 1(866) 488-7386

<https://www.thetrevorproject.org/get-help-now/#sm.0001pcoycii6tdyntel25n8vpe8ju>

Support for College Students

ULifeline - Text "START" to 741-741 or call 1(800) 273-8255

<http://www.ulifeline.org/>

Support for Veterans

Veterans' Crisis Line - 1(800) 273-8255; Press 1
Text or chat online: <https://www.veteranscrisis-line.net/>

HOW TO CONTACT US:

Visit our website at lipsychologist.com or call us to schedule an appointment, (516) 732-0273 or (516) 274-7876



HOW WE CAN HELP

Depression can be a powerful force in holding you back from living your best life. Symptoms may make it difficult for you to recognize that treatment is an option and hinder your ability to seek help. At Long Island Psychology, we can support you in the process of understanding how your depression is rooted in and triggered by the unique circumstances of your life. We will identify the type of depression you have, customize our therapeutic approach according to your specific needs, and work through your challenges in a safe and nonjudgmental space. Our goal is to empower you to incorporate new actions and solutions that can enact positive change and boost your happiness now and for years to come.



TREATMENT CONSIDERATIONS

- Treatment recommendations vary depending on one's age, form of depression, severity of symptoms, readiness for treatment, and influence of other physical, medical, or mental disorders.
- Both psychological and psychopharmacological treatments (antidepressants) are available; however a combination of talk therapy and medication is often most effective.
- The incorporation of mindfulness strategies, natural remedies, and healthy lifestyle changes may also be beneficial elements within a treatment program.



DEPRESSION FACTS & STATISTICS

- 1 in 10 adults struggles with depression every year.
- Worldwide, depression is the most prominent cause of disability among people age 15-44.
- Prevalence for MDD is highest among adults aged 18-25.
- Median age for onset of symptoms is 32.5 years old.
- More women than men are diagnosed with depression, however this may, in part, be due to the fact that women are more likely to pursue treatment.
- For children and adolescents, depression is more common in girls than boys.
- Suicide rates are highest among the elderly and are more common for men than women within this age group.
- Approx. half of those with depression will experience another comorbid mental disorder.

FORMS OF DEPRESSION

MAJOR DEPRESSIVE DISORDER

Bouts of depression, in which symptoms persist for most of the day, nearly every day. Episodes may be mild, moderate, or severe, and the level of severity will determine how significantly symptoms interfere with one's ability to function as usual in occupational, academic, or social domains.

PERSISTENT DEPRESSIVE DISORDER (AKA DYSTHYMIA):

A form of depression in which symptoms are less severe and longer lasting than Major Depression. Symptoms are experienced on a consistent basis for at least two years.



BIPOLAR DISORDER

(AKA MANIC DEPRESSION):

A clinical presentation wherein one struggles with both episodes of depression and episodes of mania. Someone experiencing a "manic episode" may appear unusually irritable, intensely focused with little need for sleep, excessively confident and talkative, and more likely to engage in risk-taking behavior. "Hypomanic episodes" are similar to manic episodes, but symptoms are less severe.

POSTPARTUM DEPRESSION:

A form of depression, most typically experienced by women, after the birth of a child, which interferes with caretaking and bonding abilities.