

WHAT IS DEPRESSION?

- Depression is a common and serious disorder that affects how a person feels, thinks, acts, and handles daily activities.
- Everyone has periods of feeling sad and blue, which are normal emotions.
- A person may have a depressive disorder if their symptoms last longer than 2 weeks and interfere with their ability to participate in regular activities like family life, work, or school.

QUICK FACTS

- Depression can be caused by genetics, environmental stressors, psychological and developmental factors, physical health conditions, life events, work and school pressures, medication side effects, trauma, and substance use.
- Depression affects 1 in 15 adults in any given year and 1 in 6 people at some point in their lifetime.
- It can occur at any time, but often first appears in a person's late teens to mid-20s.
- Women are more likely than men to experience depression.
- Up to 3% of children and 8% of adolescents have depression. For children under the age of 10, depression is more common among boys. However, by age 16, it is more likely to be seen in girls.
- Studies also show that members of the LGBTQIA+ community have higher rates of depression and an increased risk for the disorder.

RISK FACTORS FOR DEPRESSION

- Certain chemicals in the brain.
- Genetics.
- Low self-esteem.
- Being easily overwhelmed by stress.
- Having a pessimistic outlook in general.
- Trauma.
- Continuous exposure to violence, neglect, abuse, or poverty.

COMMON SIGNS AND SYMPTOMS

- Feeling sad, anxious, or having a depressed mood.
- Loss of interest or pleasure in enjoyable activities.
- Changes in appetite; weight loss or weight gain that is not related to dieting.
- Having trouble sleeping or sleeping too much.
- Experiencing a loss of energy or increased fatigue.
- Pacing, handwringing, not sitting still.
- Using alcohol or drugs more than is usual.
- Engaging in high-risk activities.
- Feeling worthless, hopeless, or guilty.
- Physical pain with no clear cause.
- Not being able to meet work, school, or family responsibilities.
- Difficulty thinking, concentrating, or making decisions.
- Thoughts of death or suicide.

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RECOVERY IS POSSIBLE

Call 910-862-6900 today to speak to someone who can help.

COMMON SIGNS AND SYMPTOMS IN CHILDREN

- Regularly feeling sad, hopeless, or irritable.
- Not wanting to do or not enjoying fun things.
- Feeling anxious, worthless, useless, or guilty.
- Having weight gain or weight loss.
- Complaining of unexplained aches and pains.
- Refusing to eat or eating more than normal.
- Refusing to go to school or to join in activities.
- Being restless, fidgety, hyperactive, distracted, or unable to concentrate.
- Feeling tired and sluggish, or tense and restless, much of the time.
- Shaking or sweating in intimidating situations.
- Having trouble falling or staying asleep, or sleeping more than usual.
- Having self-injurious or self-destructive behavior.
- Crying a lot, having meltdowns or tantrums, or being uncooperative or hostile.
- Being very sensitive.
- Having a sudden change in appearance.
- Using substances like alcohol or drugs.
- Having suicidal thoughts or behavior.

WHEN TO SEEK HELP

- If you or a loved one is in danger of hurting themselves or someone else, please seek help immediately. Call **911** or take them to the nearest emergency department.
- If you or a loved one have some of the above symptoms, and the symptoms are occurring nearly every day and lasting for more than 2 weeks, it is time to seek help.
- Other times to seek help include:
 - When your fear, worry, or anxiety is upsetting to you and difficult to control.
 - When you feel anxious, have trouble with alcohol or drug use, or have other mental health concerns along with depression.
 - When you think your depression could be linked to a physical health problem.
 - When you have suicidal thoughts or behaviors. If this happens, seek emergency treatment immediately.

TAKE ACTION

If you have reason to believe that you or a loved one is experiencing depression, the sooner you address the issue, the better the outcome.

- You can reach out to your primary care physician, a mental health professional, or your child's pediatrician or school counselor.
- Remember that early intervention is best for your loved one's health and well-being.

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Resources available upon request.

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