



Depression

Depression is more than a day of feeling sad or “down.” It can last a long time, and symptoms can make it difficult to maintain relationships, feel productive at work or at home, and enjoy life. For those who seek help early, depression is treatable. If not treated, depression can be as disabling as heart disease or arthritis. Depression is a very common illness and affects almost 7 percent of adults in the U.S.

Symptoms of Depression

Depression is different for each person. But if you have been experiencing four or more of the symptoms below for more than two weeks, think about talking to your doctor or a behavioral health professional. Most people with depression can feel better—often within three to six weeks.

- Moving or talking more slowly
- Loss of interest or pleasure in daily activities, including sex
- Feeling sad, anxious, hopeless, or emptiness that won't go away
- Restlessness, feeling “stirred up,” or irritable
- Feelings of worthlessness, guilt, or helplessness
- Isolating from family and friends
- Sleeping too much or too little
- Appetite and or weight changes
- Difficulty concentrating, remembering, or making decisions
- Headaches, stomach problems, nausea, pain with no medical reason
- Tearfulness, excessive crying
- Thoughts of death or suicide
- Lack of energy, fatigue

Treatment for Depression

Most experts agree that a combination of talk therapy and medication work best for the treatment of depression. Those with milder depression can be helped with talk therapy and developing effective coping skills. Making positive lifestyle changes is also helpful by focusing on healthy nutrition, exercise, getting adequate sleep, practicing mindfulness, and spending time with supportive friends and family.

Your Employee Assistance Program (EAP) can help. Contact Centerstone Solutions at (800) 766-0068.