

What is Depression?

Depression is an illness that effects the lives of many individuals throughout the world. It is not your typical sad feeling that everyone experiences but rather a feeling of pain that interferes with your daily routine.



Types of Depression

Major Depression: effects a persons sleep, work, eating, and daily life activities. This form of depression can happen only once in a persons life but most of the time a person will experience several episodes.

Persistent Depressive Disorder: has a time span of lasting 2 years, it will effect a persons work, eating, sleep, and daily activities

Seasonal Affective Disorder: usually makes people feel sad, hopeless, tense, or stressed during the winter. Once summer comes around the depression usually ends

What Causes Depression?

Depression is a disorder of the brain and can sometimes be hereditary. When it is not hereditary it can be caused by trauma, loss of a family member, relationship issues, or stressful events going on in a persons life.



Signs and Symptoms of Depression

Here are some common signs and symptoms of what a depressed person might go through:

- ⇒ Persistent sad, anxious, or empty feelings
- ⇒ Feeling hopeless, guilty, worthless, or helpless
- ⇒ Irritable and restlessness
- ⇒ Decline in interest of activities that was once fun to the person
- ⇒ Tired all the time and lack of motivation
- ⇒ Loss of appetite or eating more
- ⇒ Suicidal thoughts

Warning Signs of Suicide Caused by Depression

A person with depression could become overwhelmed and suicidal, here are some signs on what might happen when a person starts having suicidal thoughts:

- ⇒ Sudden switch from being sad to happy
- ⇒ Thoughts of dying and doing suicidal things like cutting or running stop lights
- ⇒ **Making comments like "it would be better if I was not here"**
- ⇒ Loss of interest in activities
- ⇒ Talking about suicide

What to do if you are suicidal or if you know someone who might be

Being depressed may seem bad at the time but the feeling of depression will get better as time goes on. If a person is feeling suicidal then there are suicidal hotlines that are willing to talk to people who are having thoughts of committing suicide

Hotline: 1-800-273-TALK

If you know a person who is having thought of suicide always tell an older authority, these may include:

- ⇒ Parent
- ⇒ Police Officer