

DEPRESSION

July, 2021

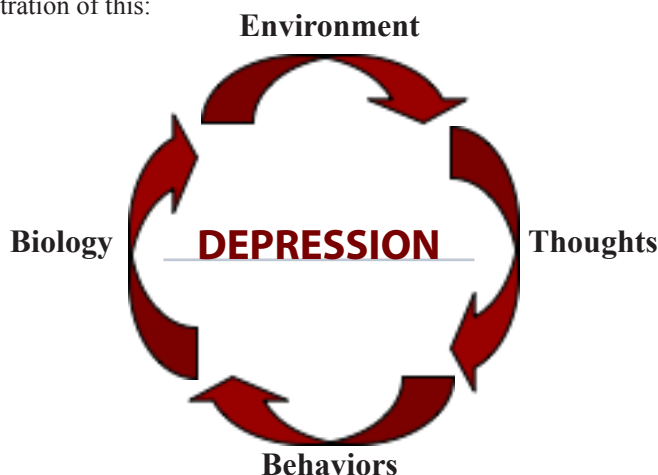
What is depression?

There are several ways people experience depression. Depression can vary in the time it takes to develop, its severity, and how long it can last. Although many people associate depression only with sadness, there are actually quite a range of symptoms associated with depression. Some common symptoms of depression include:

- Sadness (depressed mood)
- Loss of interest/pleasure in things previously enjoyed
- Feelings of guilt or worthlessness
- Low energy
- Difficulties concentrating
- Appetite or weight changes (can go in either direction)
- Feeling slowed down, or agitated/restless
- Changes in sleep (sleeping more or less than usual)
- Thoughts of death or suicide

What causes depression?

Depression is related to a combination of factors including the social, environmental, biological factors, our thoughts and beliefs, our emotions, and our behavior. Each of these factors can affect the others, and often work together in a sort of “snowball effect” that ultimately leads to depression. The depression spiral provides a helpful illustration of this:



Your Behavioral Health Consultant (BHC) can work with you identify and implement effective strategies for breaking the depression spiral and decreasing

Primary Care Behavioral Health