

# BELL-RINGER – 10/8/13

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A person that is depressed looks like.....

A person that is depressed feels like.....

People are depressed because.....

# **CLINICAL DEPRESSION**

## **What is depression??**

**Prolonged feelings of:**

- **Hopelessness**
- **Helplessness**
- **Sadness**

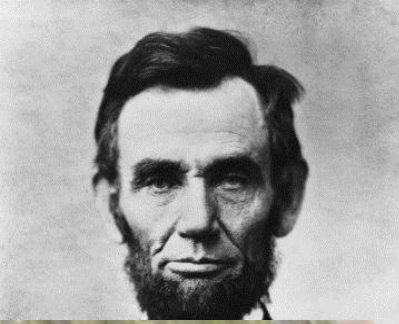
**Much stronger than the everyday blues.**

# Who Gets Depressed?

- **ANYONE CAN SUFFER FROM DEPRESSION**



**19 Million Americans will become depressed THIS YEAR.**



**Clinical Depression**  
**(Major depression)**

**vs.**

**“The Blues”**

**Clinical depression** is much more severe and long term. Characterized by a combination of symptoms that interfere with an individual's ability to:

-work      -sleep      -study      -eat

-Enjoy once pleasurable activities

(Hopelessness, Helplessness and Sadness)

**In your notes, write down 5 things that have occurred in your life that made you feel sad.**

# Other Common Types of Depression

- **Dysthymia**- characterized by long-term (2 years or longer) symptoms that may not be severe enough to disable a person but can prevent normal functioning or feeling well.
- **Minor depression**- is characterized by having symptoms for 2 weeks or longer that do not meet full criteria for clinical depression.
- **Postpartum depression**- Experienced by approx. 10-15% of women after giving birth when hormonal and physical changes as well as taking care of a baby can be overwhelming
- **Seasonal Affective Disorder (SAD)**- Onset of depression during winter months when there is less sunlight.
- **Bipolar Disorder**- Extreme highs and extreme lows

# Causes of Depression

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We don't ENTIRELY know.....

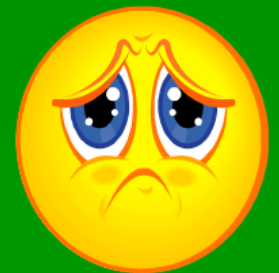
But we do know most likely caused by:

- Genetic Factors- Neurotransmitters are brain chemicals that regulate mood (epinephrine, norepinephrine, serotonin and dopamine)
- Environmental Factors- External stimuli (loss of loved one, bad relationship, bullying etc.)

**\*\*\*Reactive Depression\*\*\***- responses to a stressful event, death of someone close, disease, injury etc.

# Signs of Depression

- Appearance- sad face, slow movements, poor hygiene.
- Unhappy feelings- sad, anxious, hopeless, discouraged.
- Negative thoughts- “I’m a failure”, “No one cares”
- Reduced Activity- doing anything seems to be too much effort.





# Signs of Depression (Continued)

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- Reduced Concentration
- Guilt and low self-esteem
- Physical problems- Weight loss/gain, sleeping problems, headaches etc.
- Suicidal Thoughts

# Helping Someone with Depression

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- Be available (Listen)
- Suggest professional help
- Make them feel important
- Listen and watch for threats of suicide
- Visit family doctor