

# THE BLUES & DEPRESSION

Everyone feels sad and low every once in a while, but these feelings usually pass in a few days. Many of these “blue” feelings are due to a variety of situations and events that are occurring in our lives – such as day-to-day stress, physical health problems, and normal grief reactions to loss. Many of the symptoms listed for depression are experienced by all of us in varying degrees of intensity and impact on our daily lives.

In contrast, when you have depression, the feelings persist for weeks and even months. Depression can be very intense and interfere with activities of daily living, such as working, going to school, personal hygiene, and relationships with others.

People experiencing this sort of depression can not just “snap out of it” because depression isn’t the same as a passing mood.

Both men and women experience depression, however their symptoms may differ. Men typically report fatigue, irritability, loss of interest in work, and are more likely to abuse alcohol or other substances. Women may experience feelings of sadness, worthlessness, excessive guilt, and dwell on negative feelings.

The feelings and behaviors that are part of depression can hinder a person’s ability to seek help.

Depression is a real, medical illness that can be successfully treated with therapy, medication, or a combination of both. Support from family and friends plays an important role as well.



## Tips for beating the blues

- Exercise
- Spend more time with others & help others
- Talk about it
- Reframe how you view problems
- Keep a set sleep schedule and a routine
- Be mindful, meditate
- Listen to music, read
- Care for a pet
- Connect with your spiritual side
- Reach out for help - let your friends/family know you are struggling and call your doctor

## Symptoms of Depression:

- Anger, irritability & agitation are typical
- Deep feeling of sadness and hopelessness
- Anxiety and fearfulness
- Physical complaints: headaches, stomachaches
- Withdrawal from family & friends
- Loss of interest/pleasure in activities
- Extreme sensitivity to rejection & failure
- Low self-esteem, guilt, feel worthless
- Trouble concentrating & making decisions
- Loss of energy/increased fatigue
- Insomnia or oversleeping
- Changes in appetite & weight (up or down)



I don't want to live anymore.  
You'd be better off without me.  
I will never feel any better.

## What About Suicide?

There's no single cause for suicide. Suicide most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide.

## Risk Factors for Suicide

- Depression
- Having a drug and/or alcohol problem
- Significant loss by death, separation, divorce, moving or relationship break-up
- Social isolation
- History of abuse/neglect
- Family history of suicide
- Access to firearms

## How you can help

Suicide is a permanent solution to a temporary problem. Depression is a treatable disorder. A depressed person is in emotional pain, and cannot think clearly about the morality of suicide, cannot think logically about their value to friends and family. Ask questions to help a depressed and suicidal person.

"You seem pretty down. Do things seem hopeless to you? Are you having thoughts that it would be easier to be dead? Are you thinking about suicide?"

You cannot make someone suicidal by talking about it. It is helpful to show the person you take them seriously and you care. Most people feel relieved to have a chance to talk. If you get a "yes" answer, don't panic. Stay with them until they get help - by calling a hotline or going to a doctor.

Suicide is the 4<sup>th</sup> leading cause of death for people aged 18-65 and the 2<sup>nd</sup> leading cause for those 15-24 years old.



In Crisis call or text 988  
or call our local helpline 330-678-4357  
Call anytime if you are concerned for yourself or a loved one in a mental health crisis.

## Portage County Treatment & Services

Treatment begins with a call or visit to the following local agencies.

### Children's Advantage

771 N. Freedom St, Ravenna  
330-296-5552

### Coleman Health Services

5982 Rhodes Rd, Kent  
330-673-1347

### Family & Community Services

143 Gougler Ave, Kent  
330-677-4124