Understanding Depression

The myth is that people who can't climb out of emotional quicksand lack strength of character. The truth is that it may be genetics or family socialization. When compared with those who do not have depressed relatives, people with a close family member who has been depressed are twice as likely to become seriously depressed themselves.

Adolescence is a difficult period in which teens experience major hormonal changes and loosen family ties, but are not ready to become independent. Deep emotional losses, such as, physical or sexual abuse, a bitter divorce, or the death of a relative or friend may trigger the biochemical changes that cause depression.

Depression in older people is often a reaction to physical deterioration and/or the loss of friends, family, and rewarding activities.

According to most studies, women are twice as likely to suffer from depression as men are. Women must cope with the mood altering hormonal effects of the menstrual cycle, pregnancy, childbirth, oral contraceptives, and menopause. Depression in men can be closely linked to abuse of depressant drugs, including alcohol, narcotics, sedatives, and tranquilizers.

Currently, studies suggest that the Baby Boomer generation is at the greatest risk for depression. Researchers theorize that this may be a reaction to growing up in the 1950's & 1960's with the unprecedented rates of divorce and relocation. However, the onset of depression may have no clear cause or triggering event.

Facts about Depression

Depression *IS*:

- An illness, in the same way that diabetes or heart disease is an illness.
- An illness which affects the entire body, not just the mind.
- Related to alcoholism, drug abuse, and other addictions.
- Successfully treated in more than 80% of the people who have it.
- Affects all ages, all races, all economic groups, men, and women.
- Second only to heart disease in causing lost workdays in America.

Depression *IS NOT:*

- Something to be ashamed of.
- The same thing as feeling "blue" or "down".
- A character flaw or the sign of a weak personality.

Fortunately, depression is highly treatable. When diagnosed accurately, and treated with some combination of antidepressant medication and non-drug therapy, there are few who cannot be helped. If you have symptoms, such as, feeling lethargic, down in the dumps, hopeless, or as if life is not worth living, call your primary care physician.

CONCERN® Services
For confidential assistance, call
513-891-1627 / 800-642-9794
www.concernservices.com