

SELF CARE

Depression is a serious medical condition that may not go away on its own. Healing takes time and often requires help from a medical professional, but there are some things you can do to help yourself to start feeling better.

- Take care of yourself. Get out of bed, take a shower, and try eating three balanced meals a day
- Try to be active and exercise
- Participate in activities you enjoy
- Spend time with other people
- Avoid alcohol or drugs not prescribed to you
- Postpone important decisions until you are feeling better

TREATMENT

Once diagnosed, depression can be treated with medications, psychotherapy or a combination of the two.

Behavioral Health Specialists can meet with you during your visit to discuss referrals, intakes, coping skills and self management.

GET HELP NOW

For immediate help, contact First Call for Chittenden County for help in a crisis or for support or information about community services.

24/7/365 Crisis Line
Phone: 802-488-7777
Text: 741741

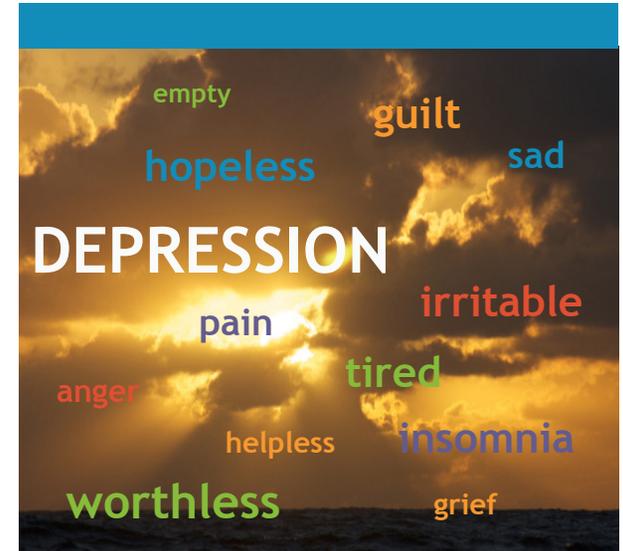
OR

The National Suicide Prevention Lifeline.

24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

1-800-273-8255 (TALK)

suicidepreventionlifeline.org



Depression is a real and treatable illness that can cause pain for both the person with depression and their loved ones.

This brochure answers the following questions:

- Is depression the same as sadness?
- Can anyone become depressed?
- What can help depression?
- How to get help now!

COMMUNITY HEALTH CENTERS OF BURLINGTON

617 Riverside Ave
Burlington, VT 05401
802-864-6309
www.chcb.org

SADNESS VS. DEPRESSION

It's OK to feel sad sometimes. Sadness is a normal reaction to hard times in life and usually passes with a little bit of time.

Depression is more than the feeling of sadness. It can get in the way of doing everyday activities and the things we really value in life. It is something that typically doesn't get better on its own and most people need treatment to start feeling better.

ANYONE CAN BE AFFECTED

Depression can affect anyone. Nearly 16 million people living in the United States have experienced at least one major depressive episode (NIMH, 2014). Depression can happen to people of any age, gender or background.



CAUSES

Many factors can lead to depression. Research suggests it can be caused by:

- Difficult life events, such as a trauma, losing a loved one, a difficult relationship or childhood experience
- Family history
- Genetics
- Chemical imbalances
- Chronic illness
- Medications
- Alcohol or drug use
- Pregnancy

GETTING HELP

Asking for help can be hard.

The first step is telling your primary care provider. The two of you can work as a team so you can start feeling better. Your provider is most likely to ask you questions about how you are feeling, perform an exam, and run lab tests to help figure out why you're feeling the way you are.

CHCB has Behavioral Health Specialists. Ask your provider to see one.

SIGNS AND SYMPTOMS

Sadness is only a small part of depression. Some people with depression may not feel sad at all. There are many other symptoms that people may have.

- Sadness or anxiety that last a long time (more than two weeks)
- Feeling hopeless or helpless
- Sleeping too much or too little
- Loss of interest or pleasure in the things that were once enjoyable
- Feelings of guilt
- Decreased energy or being “slowed down”
- Difficulty concentrating or paying attention
- Eating too much or too little
- Losing weight or gaining weight
- Restlessness or irritability
- Thoughts of death or suicide

Doctors sometimes call depression “Major Depressive Disorder” or “Clinical Depression.”