



Dealing with Depression

Common Signs of Depression

- Loss of interest
- Loss of energy
- Feelings of worthlessness
- Difficulty concentrating
- Diminished interests
- Quiet/Detached
- Negative self-concept
- Negative world view
- Self-Blame
- Self-Criticism
- Helplessness
- Hopelessness
- Sleep disorders
- Eating disorders

What is Depression?

Depression is a deep sadness that does not fade as time passes. The onset of depression may look different for each person. For some people, the holidays may bring about depressive symptoms. For others, it may be a more personal experience, such as the loss of a loved one, a divorce, illness, or even a side effect of a prescribed medication.

Major Depressive Disorder (MDD) is considered to be the most prevalent form of mental illness (American Association of Suicidology, 2005). The symptoms of depression may interfere with your ability to function in all areas of life.

How to Tell if You (or a Loved One) is Depressed

- Mood is often down
- Too much sleep or difficulty sleeping
- Feelings of fatigue and loss of energy
- Feelings of guilt or worthlessness
- Trouble concentrating and making decisions
- Loss of interest or pleasure in usual activities
- Repeated thoughts of suicide

Dealing with Depression

Sometimes, making small changes in your life can have a huge impact on the prevalence of depression. These changes may include increased exercise, spending time with people you enjoy, or confiding in someone you trust. However, there are times when life changes simply aren't enough and outside help is needed. Seeking outside help is a great way to find healing and to begin overcoming depression.

High Risk Factors with Depression

- People with depression will often complain of a physical illness.
- 15% of untreated people with depression will commit suicide.
- 50% of people with depression will have visited their primary care physician within one week of the suicide



FIREFIGHTERWIFE.COM
because your  belongs to a hero

This flyer is provided on behalf of First Responder Wellness as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events. Learn more about fire family resources at firefighterwife.com or email firefamilysupport@frhealth.com.